

Oat and pumpkin no-bake bites

These oat and pumpkin no-bake bites are the perfect snack for on the go, busy days, or lunch kits. With only a few ingredients needed to prepare these, they will surely become a family favourite!



Kid-friendly



Vegetarian



No-cook



Freezer-friendly



PREP TIME

10 min (this does not include freezing for 1 hour)



COOK TIME

10 min



SERVINGS

18 (makes 36 bites)

Ingredients

- 750 mL (3 cups) rolled oats
- 125 mL (½ cup) maple syrup
- 250 mL (1 cup) pure pumpkin puree
- 5 mL (1 tsp) cinnamon
- 250 mL (1 cup) natural almond or peanut butter or non-nut alternative
- 7 mL (½ tbsp) vanilla

Directions

1. In a large bowl, add all ingredients and mix well.
2. Using a tablespoon, pour mixture in your hand to form 1-inch balls and place on a baking sheet.
3. Cover and freeze for one hour before eating!

Tips

- ✓ If you don't have pumpkin puree on hand or don't like it, try 1 cup of ripe mashed bananas instead.
- ✓ Try adding 125 mL (½ cup) of unsalted chopped nuts, hemp seeds, chia seeds or unsweetened coconut flakes.
- ✓ Kids can help mix ingredients and form 1-inch balls to freeze.
- ✓ Get creative! Have fun making different shapes. Try: hearts, snowmen, stars, happy faces, etc.
- ✓ If the mixture is too dry, try adding more nut butter. If the mixture is too wet, try adding more oats.
- ✓ Refrigerate extras for up to 7 days or freeze for up to 3 months.



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