

Healthy, No-Bake Pumpkin Spice Bites

- 2 cups oats (rolled or quick, or oat bran or oat flour)
- 2 Tablespoons granulated sweetener of choice (I used sucralose)
- 1 Tablespoon pumpkin pie spice (see below to make a batch)
- ½ cup pumpkin puree
- 1 teaspoon vanilla extract
- ¼ cup nut butter (I used peanut but any nut butter would work)
- ¼ cup honey (or another sticky sweetener)
- 1 Tablespoon+ milk of choice
- Cinnamon and granulated sweetener of choice to coat bites in (optional)

Directions:

1. Wash hands with soap and water.
2. In a large mixing bowl, combine the oats, sweetener, spices, and mix well.
3. In a microwave-safe bowl, or in a saucepan on stove, heat your nut butter with the honey until combined. Mix in the vanilla extract.
4. Pour your wet mixture and pumpkin into the dry mixture and mix well. Depending on consistency, either add milk or extra oats until a firm texture is formed. I didn't need to add any extra – I just kept mixing well.
5. Using your hands, form into small bite-sized balls. Roll balls in optional cinnamon/sugar mixture and place on a baking tray or plate. Refrigerate at least 10 minutes to firm up.

Pumpkin Pie Spice Mix: make your own batch to keep on hand with 2 teaspoons ground cinnamon, 1 teaspoon ground ginger, 1 teaspoon ground allspice, and 1/2 teaspoon ground nutmeg.

Nutrition information (serving size: 2 balls or 1/16 of recipe): 97 calories; 3g protein, 16g carbohydrate, 3g total fat.

Adapted from: Anschutz Health & Wellness Center University of Colorado found at:
<https://www.cu.edu/doc/2016holiday-recipespsl-ballsa4-article.pdf>

Be sure and sign up to receive updates on the blog – Small Steps to Healthy Habits.
<https://www.uaex.edu/counties/white/small-steps-to-healthy-habits/>