



# 4-INGREDIENT STRAWBERRY PB&J BITES



SERVES: 8 | PREP TIME: 10M | COOK TIME: 1-2H

DAIRY FREE VEGETARIAN

## INGREDIENTS:

8 Tsp Crofter's Organic Just Fruit Strawberry Fruit Spread

1 Cup Nut Butter (We used smooth Peanut Butter)

1 ¼ Cup Old Fashioned Rolled Oats

¼ Cup Raw Honey

## DIRECTIONS:

1. Line baking tray with parchment paper. Scoop out 8, 1 tsp scoops of the Crofter's Organic Just Fruit Strawberry Fruit Spread. Carefully place them onto the prepared baking sheet about 1 inch apart. Place the baking tray into the freezer for 1-2 hours (or until the strawberry fruit spread has become solid).
2. In a large mixing bowl, combine the nut butter along with the raw honey. Mix to combine. Next, add in the old-fashioned rolled oats. Mix well.
3. Once the strawberry fruit spread is finished firming up in the freezer, we can begin making the PB&J bites. Start by grabbing about ¼ cup worth of the peanut butter oat mixture and flatten it into the palm of your hand. Place one of the frozen strawberry fruit spread dollops into the center. Begin folding the peanut butter oat mixture around it, rolling it in your hands to give it a round shape. Repeat this process until all the PB&J bites are made.
4. Next, roll each of the bites through a small bowl of rolled oats to coat them. Place in fridge until ready to serve. Enjoy!