

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**No-Bake Peanut Butter Chocolate Chip Bites  
Makes 24 cookies**

**Ingredients:**

- 1/3 cup Domino® Light Sugar & Stevia Blend
- 1/3 cup skim milk
- ½ cup peanut butter
- 1 teaspoon vanilla
- 2 cups rolled oats
- ¼ cup mini-chocolate chips

## Instructions

1. In a small saucepan, combine Domino® Light and milk over medium heat. Stir well and bring to a boil for 1½ minutes. Stir in peanut butter and vanilla.
2. Remove from heat and add remaining ingredients; stir to incorporate.
3. Scoop oat mixture into 1 tablespoon balls and place on waxed paper. Let cool and refrigerate.

**MAKE IT GLUTEN-FREE:** If you need this recipe to be gluten-free, make sure to use gluten-free rolled oats and confirm all other ingredients are gluten-free.

**Recipe Source:** [www.diabetes.org](http://www.diabetes.org)

**Nutritional Information per 2 cookies serving:**

Calories: 70	Carbohydrates: 9g
Total Fat: 4g	Cholesterol: 0mg
Saturated Fat: 1g	Dietary Fiber: 1g
Sodium: 30mg	Protein: 2g