Cinnamon Raisin Protein Bites

Yield: Makes 20-30 balls

Ingredients
- 1/3 c quick oats, ground
- 1/2 c nut butter
- 1 tsp vanilla extract
- 2 tbsp maple syrup
- 1 tsp cinnamon
- 1/4 cup raisins

Directions
1. Combine the nut butter, quick oats and liquid ingredients in a mixing bowl.
2. Add raisins and roll into balls, refrigerate (or freeze) for 20-30 minutes to set, then devour!
3. Keep extra balls in the fridge (or freezer)

Sign up for cooking classes for yourself or a group at the ARC or CRCE member services desk or contact Alana Harris for more information at apharri2@illinois.edu