

Maple Pecan Protein Bites

KRUSH'D VITALITY
KITCHEN

These Maple Pecan Protein Bites are the perfect guilt-free sweet snack! Made with only seven simple ingredients, these little guys clock in at just 123 calories per bite and 4.3 grams of protein each. Plus, oats are known to reduce total cholesterol, so you can feel good about indulging in a few of these sweet treats!

OLD FASHIONED OATS,
NATURAL PEANUT BUTTER,
PURE MAPLE SYRUP, VEGAN
CHOCOLATE CHIPS, PECANS,
FLAX, CHIA & PROTEIN



Amount Per Serving		% Daily Value*
Calories	246.6 kcal	12 %
Total Fat	12.9 g	20 %
Saturated Fat	2.7 g	13 %
Trans Fat	0 g	0 %
Cholesterol	0 mg	1 %
Sodium	16.6 mg	9 %
Total Carbohydrate	26.6 g	20 %
Dietary Fiber	5 g	
Sugars	10.9 g	17 %
Protein	8.6 g	
	0 % • Vitamin C	0 %
		11 %