**1-9 Peanut Butter Protein Poppers**

These no-bake treats satisfy any sweet tooth without the guilt.

Rolled oats, peanut butter and flaxseeds combine to make these tasty energy bites, flavored with a touch of honey, aromatic vanilla and dried cranberries.

This meal contains no gluten or dairy products.

**NUTRITIONAL BENEFITS:**

Cranberries are a fiber-rich fruit high in manganese, pantothenic acid and vitamins C, E and K.

Oatmeal is a great source of manganese, phosphorus, B vitamins and biotin, and the fiber-rich food also provides a decent amount of protein.

Flaxseeds are an omega-3 rich food that is a great source of plant lignans, and soluble and insoluble fiber.