



WESTERN WISCONSIN HEALTH

DARK CHOCOLATE AND OATS CLUSTERS

- 2 T. peanut butter
- 2 T. 1% low-fat milk
- 1/4 C. semisweet chocolate chips
- 3/4 C. old-fashioned rolled oats

Nutrition Facts

Serving Size (45g)
Servings Per Container

Amount Per Serving

Calories 190 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 22g **7%**

Dietary Fiber 3g **12%**

Sugars 9g

Protein 6g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Heat peanut butter, milk and chocolate chips in a saucepan over low heat for 3 minutes or until chips melt. Stir in oats. Remove from heat. With a spoon, small ice cream scoop, or melon baller, drop 8 ball-shaped portions on a wax paper-lined baking sheet. Let sit in refrigerator for 10 minutes before serving.

NUTRITION FACTS: Serving size: 2 clusters per serving, 4 servings