

Peanut Butter Love Nuggets

1 28 oz jar peanut butter (I like Costco organic, no sugar)

1 c honey (vegan: maple syrup)

1/4 c chia seeds

1 c ground flax

2 c chocolate chips

1-2 c rolled oats- varies

Winter version- + 1/2c melted coconut oil

Stir all ingredients together until fully combined. Use a #50 cookie scoop (or a tablespoon) to mold 60 balls. Store in freezer until ready to hike. These will keep in the freezer 3-4 months.

Each ball is about 300 calories (before adding coconut oil).

Peanut butter = 200 calories/ 32g

Each ball is 40g (1.41 oz), and includes fats, proteins, complex and simple carbs.

For winter backpacking, I try to hit 125-150 cal/ oz. These are around 195 cal/ oz, which is a little high, but the composition of EFAs, MUFAs, and complex carbs make it very suitable for high energy output activities.

Variations:

- Chunky peanut butter
- Add 1/2 c powdered peanut butter
- Roll in shredded coconut, toasted or not
- Add in 1/2c coconut oil in winter- keeps dough from getting crumbly
- Add 2 scoops protein powder (whey will decrease unrefrigerated shelf life)
- Cacao nibs (less sugar)
- Vanilla pod seeds
- Chopped dates
- Chopped pecans
- Dried cranberries, blueberries, or bananas
- Pumpkin seeds
- Keto-friendly approach: substitute hemp hearts and unsweetened coconut flakes for oatmeal and reduce honey to 3/4c. It is necessary for texture (haven't found a good way to remove it entirely). One student asked about agave; I do not like agave so I haven't tried it, but I am sure it would produce edible results.