

Nut Free Easter Nest Bites

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/children-s-easter-nest-recipe>

Ingredients:

- 1/2 cup chocolate eggs + 20 candy coated
- 1 1/2 cups quick oats
- 1/2 cup nut free butter, I use sunflower seed butter
- 1/2 cup brown rice syrup

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 61 grams
3. Cholesterol: 5 milligrams
4. Fat: 18 grams
5. Fiber: 5 grams
6. Protein: 10 grams
7. SaturatedFat: 5 grams
8. Sodium: 55 milligrams
9. Sugar: 20 grams

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