

## **ENERGY BITES**

**Yield: 8 Servings | Serving Size: 2 bites** 

Cost/Serving: \$0.50

## **Ingredients:**

1/2 cup creamy peanut butter

1/2 cup honey

2 cups nonfat instant dry milk

1 cup quick oatmeal (unflavored)

1/2 cup crispy rice cereal

## **Directions:**

- 1) Collect and measure all ingredients before starting to prepare the recipe.
- 2) Combine all ingredients in a bowl. Mix ingredients with a spoon until combine.
- 3) Using clean hands, shape the mixture into 16 balls that are approximately 1" in diameter.
- 4) Store at room temperature in a sealed container. Eat within 3 to 5 days.

**Be creative!** Add 1/2 teaspoon of ground cinnamon and/or 1/2 teaspoon vanilla extract in step #2.

This recipe and photo are used with the permission of Colorado State University Extension/s Eating Smart Being Active program.

## **Nutrition Facts**

8 servings per container

Serving size 2 Energy Bites

Amount per serving Calories

250

(84g)

0%

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 150mg	7%
Total Carbohydrate 34g	12%
Dietary Fiber 1g	4%
Total Sugars 27g	
Includes 17g Added S	ugars 34%
Protein 10g	

Vitamin D 0mcg

 Calcium 213mg
 15%

 Iron 1mg
 6%

 Potassium 323mg
 6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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