



A Nutrition Resource

ENERGY BITES

Yield: 8 Servings | Serving Size: 2 bites

Cost/Serving: \$0.75

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 (84g)

Amount per serving

Calories 250

% 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 Sugars 34%

Protein 10g

Vitamin D 0mcg 0%

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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