



A Nutrition Resource

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 (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.

