

Crispy Energy Bites

SERVING SIZE: 2 balls
SERVINGS: 10
PREPARATION TIME: 15 minutes

INGREDIENTS:

- 3/4 cup quick cooking oats
- 3/4 cup crispy rice cereal
- 1/2 cup peanut butter
- 1/4 cup raisins
- 1 Tablespoon honey
- 1/2 teaspoon cinnamon (optional)

DIRECTIONS:

1. Put all ingredients in a mixing bowl.
2. Use a large spoon to mix ingredients.
3. Wash your hands. Then roll mixture into 1 inch balls.
4. Place the balls about 1 inch apart on a plate, pan or storage container.
5. Chill for 30 minutes or more before serving.

RECIPE TIPS:

- The energy bites may be stored up to 5 days in the fridge.
- Freeze the balls on a plate or pan. Then, place in a storage bag or container to store in the freezer for up to 1 month.
- This recipe works well for a quick pre-made breakfast or tasty snack!
- Use sun butter (from sunflower seeds) instead for those with peanut allergy.



NUTRITION FACTS:

Amount Per Serving	
Calories	126
Total fat	7g
Saturated fat	1g
Cholesterol	0mg
Sodium	42 mg
Total Carbohydrate	14 g
Fiber	2 g
Added Sugar	3 g
Protein	4 g
Phosphorus	23 mg
Potassium	108 mg

EQUIPMENT NEEDED:

- Large bowl
- Measuring cup
- Large spoon
- Measuring spoons