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:

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>126</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total fat</td>
<td>7g</td>
<td></td>
</tr>
<tr>
<td>Saturated fat</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
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<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>42 mg</td>
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</tr>
<tr>
<td>Total Carbohydrate</td>
<td>14 g</td>
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</tr>
<tr>
<td>Fiber</td>
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</tr>
<tr>
<td>Added Sugar</td>
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</tr>
<tr>
<td>Protein</td>
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</tr>
<tr>
<td>Phosphorus</td>
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<tr>
<td>Potassium</td>
<td>108 mg</td>
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</tbody>
</table>

EQUIPMENT NEEDED:
• Large bowl  
• Measuring cup  
• Large spoon  
• Measuring spoons

Recipe submitted by Mount Mary University Dietetics Department  
Additional recipes available at: www.healthyshelves.org