

# No-Bake Pumpkin Energy Bites

## INGREDIENTS:

- 1 15 ounce can pumpkin
- 2 cups oats (old fashioned or quick)
- 2 cups puffed rice cereal
- 1 cup peanut butter (crunchy or smooth)
- 1 1/2 Tablespoons honey
- 2 Tablespoons mini chocolate chips
- 1 teaspoons cinnamon (optional)

## DIRECTIONS:

1. Add ingredients to a large bowl and mix together until soft and doughy.
2. Form mixture into 1 Tablespoon sized balls.
3. Place balls on a baking sheet. Chill in fridge for 30 minutes.

Store in a closed container in the fridge for up to 1 week. Store in the freezer for up to 3 months.

## RECIPE TIPS:

- **Choose** cans that have not been damaged.
- **Store** unopened cans in a cool, dry place for up to 3 years.
- If not using the whole can, store in a separate, closed container in the fridge for up to 5 days.
- **Enjoy** canned pumpkin in soups, snacks and pastas. T
- **Try** fresh pumpkin! Purchase small cooking pumpkins. Cut them in half, cover with foil and roast in the oven at 350 degrees for about 50 minutes.

**SERVING SIZE:** 2 bites  
**SERVINGS:** 20  
**PREPARATION TIME:** 20-30 minutes  
**COOK TIME:** 60 minutes



## NUTRITION FACTS:

Amount Per Serving	
<b>Calories</b>	<b>133</b>
<b>Total fat</b>	7g
Saturated fat	1g
<b>Cholesterol</b>	0mg
<b>Sodium</b>	57mg
<b>Total Carbohydrate</b>	13g
Fiber	2g
Sugar	5g
Includes 3g of Added Sugars	
<b>Protein</b>	3g
<b>Phosphorus</b>	35mg
<b>Potassium</b>	110mg

## EQUIPMENT NEEDED:

- Can opener
- Mixing spoon
- Measuring cups and spoons
- Large bowl
- Baking sheet

Recipe submitted by Mount Mary University Dietetics Department  
 Additional recipes available at: [healthyshelves.org](http://healthyshelves.org)