



EATING SMART  
BEING ACTIVE

## Energy Bites

Makes: 8 servings (2 bites per serving)

Preparation Time: 10 minutes

### Ingredients

½ cup creamy peanut butter

½ cup honey

2 cups nonfat instant dry milk

1 cup quick oatmeal (unflavored)

½ cup crispy rice cereal

### Directions

1. Wash hands with soap and water.
2. Collect and measure all ingredients before starting to prepare the recipe.
3. Combine all ingredients in a medium bowl. Mix ingredients with a spoon until combined.
4. Using clean hands, shape the mixture into 16 balls that are approximately 1" in diameter.
5. Refrigerate leftovers within 2 hours in a covered container. Eat within 3 to 5 days.

**Be creative!** Add ½ teaspoon of ground cinnamon and/or ½ teaspoon vanilla extract in step #2.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size 2 Energy Bites (78g)</b>	
<b>Amount Per Serving</b>	<b>310</b>
<b>Calories</b>	
<small>% Daily Value*</small>	
<b>Total Fat</b> 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> < 5mg	1%
<b>Sodium</b> 200mg	9%
<b>Total Carbohydrate</b> 48g	17%
Dietary Fiber 3g	11%
Total Sugars 29g	
Includes 0g Added Sugars	0%
<b>Protein</b> 12g	24%
Vitamin D 1mcg	4%
Calcium 226mg	15%
Iron 2mg	10%
Potassium 445mg	10%

\*The % Daily Value (DV) 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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