

No-Bake Energy Bites

Yield: 15 energy bites (serving size: 1 Energy Bite)

- ¾ cup quick oats
- ¼ cup wheat bran
(wheat bran substitute additional ½ cup of quick oats)
- 1/3 cup honey (look for **Missouri** honey)
- ¼ cup nut butter (peanut, soy, almond, etc.)
- 1 teaspoon vanilla extract
- 2 Tablespoons dried fruit (chop into small pieces)
(raisins, dried cherries, cranberries, blueberries, etc.)
- 1 Tablespoon slivered almonds (chop into small pieces)
(optional)
- 2 Tablespoons mini chocolate chips (optional)

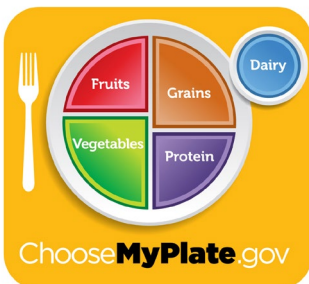


Directions

1. Wash hands with soap and water.
2. In small bowl, mix together oats and wheat bran (if using).
3. In a medium bowl, combine honey, nut butter, and vanilla extract. Stir until mixed well.
4. Add oat mixture to honey mixture.
5. Stir in dried fruit, almonds and chocolate chips, if desired.
6. Spray cooking spray on one hand. Rub hands together.
7. Using a spoon to portion out a small amount, roll mixture into 15 balls and serve.
8. Store leftovers in a sealed container in the refrigerator or freezer.

Nutrition Information per serving (1 bite): Calories: 70, Total Fat: 2.5g, Saturated Fat: 0g, Protein: 2g, Total Carbohydrate: 11g, Dietary Fiber 1g, Sodium: 20mg.

Recipe source: University of Nebraska Lincoln, <https://food.unl.edu/recipe/no-bake-energy-bites-0>



Nutrition Bite:

- Snacks can help children get the nutrients they need to grow.
- Try to serve snacks that include two or more food groups.
 - Example: 1 Energy Bite and 1 cup low-fat milk

To download a copy of the recipe, scan the QR Code

