



## 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. Collect and measure all ingredients before starting to prepare the recipe.
2. Combine all ingredients in a medium bowl. Mix ingredients with a spoon until combined.
3. Using clean hands, shape the mixture into 16 balls that are approximately 1" in diameter.
4. 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</b>	<b>2 Energy Bites (78g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>310</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> < 5mg	<b>1%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 48g	<b>17%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 29g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 12g	<b>24%</b>
Vitamin D 1mcg	<b>4%</b>
Calcium 226mg	<b>15%</b>
Iron 2mg	<b>10%</b>
Potassium 445mg	<b>10%</b>
<small>*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.</small>	