ENERGY BITES

PREP TIME:
10 minutes

SERVES:
8 servings
(2 bites per serving)

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

STEPS:

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. Store at room temperature in a sealed container. Eat within 3 to 5 days.

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

Nutrition Facts

Serving size: 2 Energy Bites (78g)

Calories 310
Total Fat 8g 12%
Saturated Fat 2g 10%
Cholesterol < 5mg 1%
Sodium 200mg 9%
Total Carbohydrate 48g 17%
Dietary Fiber 3g 11%
Total Sugars 29g
Includes 16g Added Sugars 32%
Protein 12g 24%

Vitamin D 1mg 4%
Calcium 228mg 15%
Iron 2mg 10%
Potassium 445mg 10%

The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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