



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. 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	
8 servings per container	
Serving size 2 Energy Bites (78g)	
Amount Per Serving	
Calories	310
<small>% Daily Value*</small>	
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
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 1mcg	4%
Calcium 226mg	15%
Iron 2mg	10%
Potassium 445mg	10%
<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>	



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Celebrate! Eat Smart & Be Active