

Let's cook! Plan, Shop, Pack List: Energy Bites

Ingredients

- Creamy peanut butter
- Honey
- Nonfat instant dry milk (2 cups used in recipe)
- Quick oatmeal (unflavored; 1 cup used in recipe)
- Crispy rice cereal (½ cup used in recipe)

Disposable Supplies

- Small paper plates
- Napkins
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

Prepare before class

- Print copies of the recipe (1 for each participant).

Equipment

- 1 set of measuring cups
- 1 medium bowl
- 1 large bowl
- 1 dinner spoon
- 2 rubber spatulas/scrapers
- 1 large plate or platter
- 4 sets of disposable gloves
- 1 set of tongs
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs
- Dish pan
- Dish cloth
- Kitchen towels

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Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Sanitizing wipes or spray
- Dish soap
- Trash bags

First aid supplies

- Antibacterial wipes
- Fabric bandages (multiple sizes including knuckle and fingertip)
- Finger cots
- Disposable gloves

Educator: _____
Group Name: _____
of participants in group: _____ **Date of lesson:** _____
Notes: _____
