

Energy Bites

SERVINGS

12

TIME

30 minutes

INGREDIENTS

Our Basic Energy Bites - Mix all ingredients together with a spatula

- 1 cup oats
- ½ cup flax seed
- ⅔ cup UNSWEETENED coconut
- ½ cup peanut butter
- ⅓ cup honey
- ½ cup semi-sweet chocolate chips
- 1 teaspoon vanilla

Choose your own recipe - Mix all ingredients together with a spatula

- ½ cup base (oats, crushed graham crackers, Rice Krispies cereal, plain Cherrios cereal, Chex cereal, plain air-popped popcorn)
- ¼ cup healthy fat (peanut butter, sunflower seed butter, almond butter, cashew butter)
- 1-2 tablespoons sweetener (honey, maple syrup, agave, crushed dates)
- ¼ cup mix-ins: choose 2 (chocolate chips, coconut, cranberries, pumpkin seeds, sunflower seeds, chia seeds, freeze dried strawberries, marshmallows, raisins, canned pumpkin, flax seed)
- ½ teaspoon flavor, optional (vanilla, cinnamon, pumpkin pie spice)

EQUIPMENT

- Medium-sized bowl (3)
- Liquid and dry measuring cups and measuring spoons
- Spatulas (3)
- A few spoons and butter knives
- Can opener (if needed)
- Zip-top bag + rolling pin (if crushing crackers or cereal)
- Plate

FLAVOR COMBINATIONS

- S'Mores: Graham crackers, Peanut butter, Honey, Chocolate chips, Marshmallows
- PB&J: Rice Crispies, Peanut butter, Maple syrup, Freeze Dried Strawberries
- Oatmeal Raisin: Oats, Almond Butter, Maple Syrup, Raisins, Cinnamon

BEFORE YOU START

- Clear a space to work, Wash your hands well, Set out all ingredients and equipment.
- Let the kids do the work and be creative!

