



ENERGY BITES

1 cup	Oats (optional: gluten free oats)
2/3 cup	Unsweetened Coconut (we use trader joe's)
1/2 cup	Ground Flaxseed
1/2 cup	Peanut Butter (optional: use sun butter for peanut allergies)
1/2 cup	Semi-Sweet Chocolate Chips (optional: substitute with dried fruit)
1/3 cup	Honey
1 teaspoon	Vanilla

Combine oats, coconut, ground flaxseed, peanut butter, chocolate chips, honey and vanilla together in a bowl. Chill dough for 30 minutes and roll into balls about 1 inch in diameter.

5 REASONS TO INVOLVE KIDS IN THE KITCHEN



1 Teach Lifelong Lessons Your child will have to eat every day for the rest of his life. Set a good foundation when he is young!



2 Learn Some Math + Science Think of math involved in doubling a recipe or the chemistry involved in cooking.



3 Foster Independence The payoff is huge when they can start to make their own breakfast, lunch and even dinner!



4 It's An Activity in Itself Sure, you could do a craft project, build Legos or watch TV. Why not view time in the kitchen as an activity?



5 The End Result is Editable! And if your child makes something by herself, she might be more likely to eat it!