



PEANUT BUTTER ENERGY BITES

Ingredients | Makes 12 to 16

- ¾ cup peanut butter
- 1½ cups oats
- ⅓ cup honey
- ⅓ cup mini chocolate chips
- 2 tbsp ground flax seed

Directions

1. Wash hands with soap and water.
2. Add peanut butter to a microwave safe mixing bowl and microwave for 20 seconds until just soft.
3. Add oats, honey, chocolate chips, and flax seed to peanut butter. Mix until completely combined.
4. Using a 1 tbsp measuring spoon, scoop out 1 tbsp of the mixture and roll into a ball.
5. Repeat with remaining mixture. Store in an airtight container in the refrigerator. Eat within 3-4 days.

Don't forget about the fruit group!

Add raisins or dried cranberries to your mix for a natural, healthy source of sweetness.

Suggested Supplies

- 1 Measuring spoon set
- 1 Dry measuring cup set
- 1 Mixing bowl
- 1 Mixing spoon
- 1 Airtight storage container



For more healthy tips and recipes, go to: FOOD.UNL.EDU

Nutrition Facts: For 2 energy bites, Calories 190, Total Fat 11g, Saturated Fat 2.5g, Sodium 70mg, Total Carbohydrates 21g, Fiber 2g, Total Sugar 12g, Added Sugar 11g, Protein 5g



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