

Smart Energy Bites



Nutrition Facts

20 servings per container
Serving size 1 bite (26g)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 5g Added Sugars	10%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 1mg	6%
Potassium 79mg	2%

*The % Daily Value 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.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA and the University of Guam are equal opportunity providers, lenders, and employers.

Makes
20 bites

Prep time
10 minutes

Good source of
Fiber
Protein

Ingredients:

- 1 cup O-shaped cereal
- 1 cup instant oats
- 1/2 cup chocolate chips
- 3/4 cup chopped dried cranberries or other dried fruit
- 3 Tbsp. honey
- 1/2 cup peanut butter

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Directions:

1. Place o-shaped cereal in a sealable sandwich bag and crush into small pieces using a rolling pin or other heavy object.
2. Pour the cereal pieces into a mixing bowl. Add the instant oats, chocolate chips, dried fruit, honey, and peanut butter. Mix well until all ingredients are fully incorporated.
3. Scoop out about 1 Tablespoon of the mix and use clean hands to press and roll into 1-inch balls.
4. Repeat with remaining mixture. Enjoy!

Change it up: Use different mix-ins, like sunflower butter, puffed rice cereal, raisins, dried coconut, or chopped nuts.

