

Recipe of the Month – November 2021

Energy Bites

Serves 25

Serving Size: 1 energy bite

Cost per Serving: \$0.21

Ingredients:

- 1 ½ cups oats (*old fashioned or quick*)
- ½ cup unsweetened coconut flakes
- ¼ cup chia seeds
- ¼ cup mini chocolate chips
- ½ cup creamy peanut butter
- 1/3 cup honey
- 1 teaspoon vanilla extract



Directions:

1. Stir all ingredients together in a medium sized bowl.
2. Cover a cookie sheet with foil or parchment paper. Drop mixture by Tablespoonfuls onto the cookie sheet.
3. Refrigerate 1 hour.
4. Roll each drop of mixture into a ball. Place in an airtight container. Store in the refrigerator.

Tips:

- Use finely chopped dried cranberries, cherries, or raisins in place of the coconut flakes, chia seeds, or chocolate chips.

Nutrition Facts per Serving: 90 calories, 5g total Fat (1.5g sat. fat),
0mg. Cholesterol, 25mg Sodium, 10g Carbohydrates, 2g Fiber, 5g Sugar, 2g Protein

*Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2021 Nutrition & Fitness Calendar*



THE OHIO STATE UNIVERSITY

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