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