

Energy Bites

Ingredients (makes 8 servings, serving size: 2 bites)

- 1/2 cup Creamy peanut butter
- 1/2 cup honey
- 2 cups Nonfat instant dry milk
- 1 cup Quick oatmeal (unflavored)
- 1/2 cup Crispy rice cereal

Directions

1. Collect and measure all ingredients before starting to prepare the recipe.
2. Combine all ingredients in a medium bowl. Mix ingredients with a spoon until combined.
3. Using clean hands shape the mixture into 16 balls that are approximately 1” in diameter.
4. Store at room temperature in a sealed container. Eat within 3 to 5 days.

Nutrition Information- Per serving

Calories	229	Total Sugars	22.8g	Sodium	123mg
Protein	7.6g	Total Fat	9g	Cholesterol	1mg
Carbohydrate	32.8g	Saturated Fat	1.9g	Fiber	2g



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