RECIPE FOR Oatmeal Energy Bites

INGREDIENTS

- 1 cup of dry oats
- 1/2 crispy rice cereal
- 1/4 cup of peanut butter
- 1/4/cup of chopped nuts
- 1/4 cup of raisins
- 1/4 cup of honey
- 1/4/cup of mini chocolate chips
- 1/2 tsp vanilla extract

SERVES 4

DIRECTIONS

1. In a medium bowl, combine all ingredients, and stir well until the mix is sticky.
2. Refrigerate for 30 minutes.
3. Use a spoon to scoop a tablespoon of the mixture into your hand and make into round balls. Repeat with remaining mixture until you have 12.
4. Store the bites in the refrigerator, covered and enjoy as a healthy snack for a week.

Nutrition Facts

Serving Size 1/5 recipe
Servings Per Container 5

Amount Per Serving	
Calories 205	Calories from Fat 52
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 346mg	14%
Total Carbohydrate 33g	11%
Dietary Fiber 8g	32%
Sugars 5g	
Protein 8g	16%

Vitamin A 1.5% • Vitamin C 66.7%
Calcium 5.4% • Iron 16.7%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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AGATSTON NUTRITION INITIATIVE
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