

# Peanut Butter Energy Bites

Yield: 12 Bites



## Ingredients:

- Quick oats ½ cup (125 mL)
- Coconut, unsweetened and shredded ½ cup (125 mL)
- Chia seeds 2 Tbsp. (30 mL)
- Cocoa powder 2 tsp (10 mL)
- Chocolate chips, mini\* ¼ cup (60 mL)
- Peanut butter ½ cup (125 mL)
- Honey 2 Tbsp. (30 mL)
- Vanilla extract ½ tsp (2.5 mL)

\*Note: Dried cranberries or raisins can be substituted for chocolate chips if preferred.

## Instructions:

1. Add the dry ingredients to a large bowl: the oats, coconut, chia seeds, cocoa powder, and mini chocolate chips. Whisk to combine.
2. Next add the “wet” ingredients: the peanut butter, honey, and vanilla extract.
3. Use a spoon to combine all ingredients until the peanut butter and honey are evenly spread and no dry mixture remains.
4. Using your hands or a cookie scoop, shape the mixture into 1-inch balls. If mixture is too dry add some extra peanut butter or honey.
5. Place energy bites into an airtight container. Store in the fridge for up to 1 week or freezer for up to 6 months.

Recipe Source: Created by AHS Dietitians

## Equipment List:

- Spatula
- Large bowl
- Set of measuring cups
- Set of measuring spoons
- Airtight container
- Whisk
- Spoon or cookie scoop



## Nutrition Facts

Per 1 bite

Calories 140	% Daily Value*
<b>Fat 9 g</b>	12 %
Saturated 3.5 g	18 %
+Trans 0 g	
<b>Carbohydrate 12 g</b>	
Fibre 3 g	4 %
Sugars 6 g	12 %
<b>Protein 4 g</b>	
<b>Cholesterol 0 mg</b>	
<b>Sodium 45 mg</b>	2 %
Potassium 112 mg	2 %
Calcium 20 mg	2 %
Iron 1 mg	6 %

\*5% or less is **a little**, 15% or more is **a lot**

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