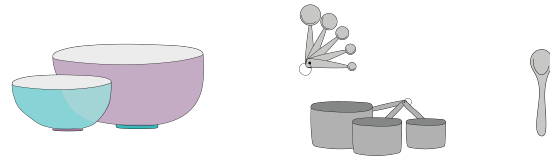


**Recipe - Energy Bites**
**Supplies**

- 1 mixing bowl
- 1 set of dry measuring cups and spoons
- Mixing spoon
- Spoon for scooping
- Baking sheet or food container


**Choose a recipe!** Each makes about 12 Energy Bites

**Sunbutter Chocolate Chip Energy Bites**

- 1 cup quick cooking oats (dry)
- 1/3 cup roasted sunflower seed butter (aka Sunbutter)
- 2-3 Tbsp honey
- ¼ cup pumpkin seeds or sunflower seeds
- 2 Tbsp chia seeds
- ¼ cup mini chocolate chips

**Crispy Energy Bites**

- ¾ cup quick cooking oats (dry)
- ¼ cup brown rice crisps (or Rice Krispie cereal)
- 1/3 cup nut or seed butter of choice
- 2-3 tablespoons honey
- ¼ cup pumpkin seeds (roasted)
- ¼ cup mini chocolate chips
- ¼ cup dried cranberries

**Chocolate Coconut Energy Bites**

- ¾ cup quick cooking oats (dry)
- 1/4 cup brown rice crisps (or Rice Krispie cereal)
- 1/3 cup nut or seed butter of choice
- 2-3 tablespoons honey
- 1 Tbsp. cocoa powder
- ¼ cup mini chocolate chips
- ¼ cup dried blueberries
- ¼ cup shredded coconut (for rolling balls in)

**\*If there are no nut allergies, any nut or seed butter can be used in the recipes**

**Instructions:**

1. In a medium bowl, add all of the ingredients and stir until well combined. The mixture should be a bit sticky.
2. Use a spoon to scoop about a tablespoon of the mixture into your hand. Roll into a ball. If making the chocolate coconut energy bites, roll each ball in shredded coconut.
3. Place in a food container.
4. Repeat with remaining mixture.
5. Store the balls covered in the fridge for up to a week or in the freezer for much longer.

**Note:** If the mixture is too dry to form balls add a bit more seed butter.