



No Bake Energy Bites

Ingredients:

- 1 cup old- fashioned oats
- 1/2 cup creamy natural peanut butter
- 1/3 cup honey
- 1 cup unsweetened coconut flakes
- 1/4 cup ground flaxseeds
- 1/3 cup dried cranberries
- 1/2 cup dark chocolate chips
- 1 teaspoon vanilla extract

Instructions:

1. In a mixing bowl combine all ingredients. Combine thoroughly.
2. Chill in refrigerator for 30 minutes.
3. Roll into 1-inch sized bites and enjoy!

Variations:

- Substitute peanut butter for any other nut butter, such as
- Almond, cashew, or sun butter.
- Swop honey for agave nectar or maltitol syrup.
- Add raisins, blueberries, or goji berries to boost superfood and
- add variety.

Prep Time: 5 minutes

Cooking Time: 00 minutes

Equipment:

- Mixing Bowl
- Spatula
- Spoon

Servings: 9

Serving Size: 2 bites



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|-------------------------|-----------|---------|--------------|----------------|----------|--------|
| Nutrition Facts: | 150 | 9 g | 4g Saturated | 17g | 3g | 2 g |
| | Calories, | Fat, | Fat, | Carbohydrates, | Protein, | Fiber, |
| | 11g | 35mg | | | | |
| | Sugar, | Sodium. | | | | |

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
 For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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