

## Energy bites



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing

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## About this recipe

Serves

24

Serving size

1 bite

Special criteria

[Summer meals in a SNAP](#)

## Ingredients

- 1 cup oats
- ½ cup nut butter
- ¼ cup honey or maple syrup
- ¼ cup dried fruit
- ¼ cup nuts
- 2 tablespoons flaxseed
- 2 tablespoons chocolate chips

## Directions

1. Combine all ingredients in a bowl and stir to combine.
2. Chill for 30 minutes to firm up
3. Roll into tablespoon-size bites.

## Tips and variations

Energy bites are loaded with oatmeal, nut butter, and dried fruit, making an ideal back-to-school snack or a balanced breakfast add-on. While these bites may be small, they sure pack a punch!

The first ingredient in these energy bites is oats. Oats are a whole grain which means all three parts of the grain, bran, germ, and endosperm are present. The three main types of oats include quick oats, rolled oats, and steel-cut oats. These types all have about the same nutrition and are packed with fiber! The main difference is how the oats are cut and prepared. The extra fiber and nutrition found in whole grains help keep us fuller longer, prevent certain types of cancer, and reduce the risk of heart disease and type 2 diabetes.

## Recipe video

## Nutritional info

Calories

70

Total fat

3.5g

Sodium

35mg

Total carbohydrates

9g

Dietary fiber

1g

Protein

2g

Allergens

Peanuts

Tree nuts

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