

Family Cooking:

No Bake Energy Bites



Ingredients:

- ▶ 1 Cup rolled oats
- ▶ ½ Cup chocolate chips or dried fruit of your choice (cut into ¼ inch chunks)
- ▶ ½ Cup peanut butter or Sun butter
- ▶ ½ Cup honey or maple syrup (substitute agave if desired)
- ▶ 1 tsp vanilla extract

Click [here](#) to view this family cooking video!

Directions:

Step 1: Combine all ingredients together in a bowl; your child can help you measure and mix the ingredients.

Step 2: With clean hands or a small scoop, form into 1" balls and place on baking tray. This step can also be done with your child's help.

Step 3: Place in fridge to chill for ½ hour and enjoy. These stay fresh in a sealed container for about 7 days.

Bright Horizons.

World at Home

