Energy Bites

KID-APPROVED

Makes 10-12 Servings

Ingredients

- O 2 cups old-fashioned oats
- O 1 tablespoon honey
- O 1 cup peanut butter
- O 1/2 cup dried cranberries
- O 1 teaspoon cinnamon (optional)

Directions

- 1. In a large mixing bowl, combine oats, honey, peanut butter, cinnamon and cranberries. Stir until well combined.
- 2. Roll into 10 12 balls with your hands while pressing tightly, then place balls in a sealed container.
- 3. Refrigerate overnight and enjoy the next morning.

Recipe from: Feeding PA and PA Eats







feedingpa.org/hpi

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