

How to Make Energy Bites

Ingredients:

- 2 cups oats
- 1 cup chocolate chips
- 1 cup peanut butter
- 1 cup flaxseed
- 2/3 cup honey or agave
- 2 teaspoons vanilla

Tools:

- Mixing bowl
- Glass pan
- Spatula
- Spoon (optional- scoop out peanut butter)
- Measuring cups
- Ice cream scoop

Activity Name: Energy Bites

- School Readiness Outcomes (SRO) goals met:
 - The child follows multi-step or complex directions.
- Instructions
 1. Gather ingredients and tools.
 2. Measure the ingredients and pour them into a mixing bowl.
 3. Stir ingredients.
 4. Use ice cream scoop to scoop dough into balls and place in pan.
 5. Refrigerate for at least 1 hour.
- Extension Activity Ideas
 - Experiment with the measurements in this recipe. Find what you like best. For example, if you really like peanut butter, add more.

- Further, experiment with different ingredients. For example, swap M&Ms for chocolate chips!

