No-Bake Energy Bites
Hosted by: Amy Truong, Zone Programming Assistant

Adapted from: http://gimmesomeoven.com/no-bake-energy-bites/

Prep: 2 mins | Cook: 10 mins | Total: 12 mins
Yield: 8-10 servings

Ingredients:
• 1 cup dry oatmeal (i.e. old-fashioned oats)
• ½ cup raisins
• ½ cup chopped dried cranberries
• ½ cup peanut butter
• ½ cup granola
• 1/3 cup honey

Instructions
1. Stir all ingredients together in a medium bowl until thoroughly mixed.
2. Roll the combined ingredients into a ball of your desired size (about 1” diameter for optimal storage).
3. Store in an airtight container and keep refrigerated for up to one week.

Notes
Fun Substitutions:
• Add chocolate chips or other chips such as butterscotch, dark chocolate, etc.
• Chopped dried fruits can also be added.
• Nuts add an extra crunch and protein boost to this delicious snack!

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