

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!

Brought to you by the
Student Health Advocate Program
SHA.UCSD.EDU | 858.534.1824

Follow us @ UCSDSHA

