

kidstir

# Energy Bites!

A Healthy No-bake Snack



**hands-on time:** 10 minutes

**start-to-eat time:** 30 minutes

**tools:**

- measuring cups and spoons
- mixing bowl
- microwave-safe bowl
- baking sheet

**kids kitchen skills:**

- measuring
- stirring
- using a microwave

**ingredients**

- 2 cups oats
- 1/3 cup dried cranberries or raisins
- 1/4 teaspoon cinnamon
- 1/3 cup honey
- 1/2 cup sunflower seeds, optional
- 2 tablespoons coconut oil (or melted butter)
- 1 tablespoon applesauce

**These no-bake snacks taste a lot like chewy granola bars. Pop them in your mouth for a quick pick-me-up.**

**Makes 4 Servings**

Grown-up steps and notes

**step-by-step instructions**

1. In a mixing bowl, stir together the oats, dried cranberries or raisins, cinnamon, and sunflower seeds.
2. In a separate microwave-safe bowl, place the honey, coconut oil, and applesauce. Microwave for 30 seconds. Stir, then microwave

Hole punch to fit in your cookbook!

Cut out to fit in your cookbook!

 Hole punch to fit in your cookbook!

for 10 seconds more at a time until completely melted.

3. Add the honey mixture to the oat mixture. Stir well for about 5 minutes. Let the mixture cool until it can be easily formed into a ball. If it's too sticky, refrigerate for about 10 minutes or add more oats, 1 tablespoon at a time, until it holds together.

4. Butter your hands, then roll the mixture into 1-inch balls. Place them on a waxed paper lined baking sheet. Refrigerate until they harden, then store in an air tight container in the fridge until you are ready to eat them.

notes:

Notes section with 10 horizontal lines for writing.

 Cut out to fit in your cookbook!