



Chocolate Cherry Energy Bites



Start to finish time: 15 minutes

Number of servings: 7

Nutrition Facts

Serving size 2 bites

Amount per serving
Calories **361**

% Daily Value*

Total Fat	20g	26 %
Saturated Fat	8.5g	42 %
Trans Fat	0g	
Cholesterol	0mg	0 %
Sodium	89mg	4 %
Total Carbohydrate	43g	16 %
Dietary Fiber	5g	18 %
Total Sugars	26g	
Includes 26g Added Sugar		52 %
Protein	7.1g	
Vitamin D	0mcg	0 %
Calcium	41mg	3 %
Iron	2.2mg	12 %
Potassium	197mg	4 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

- 1 cup quick or old-fashioned oats
- ½ cup dried unsweetened coconut
- ½ cup mini chocolate chips
- ½ cup dried cherries (can be chopped or whole)
- ½ cup peanut butter
- ¼ cup honey
- 1 teaspoon cinnamon
- 1 teaspoon vanilla

DIRECTIONS:

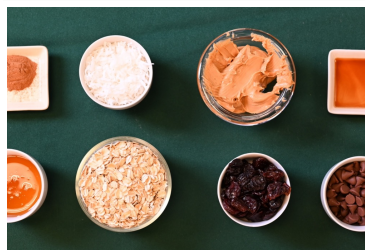
1. Gather and prepare ingredients.
2. Add all ingredients to a large bowl and mix well.
3. Using a tablespoon measure, scoop the mixture into your palm.
4. Using your hands, roll the measured mixture into a ball.
5. Place the rolled ball on a plate and repeat until the mixture is gone.
6. The bites can be enjoyed right away or if they are too sticky, they can be placed in the fridge to set.

FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.



STEP-BY-STEP DIRECTIONS:



Step 1

Gather and prepare ingredients.



Step 2

Add all ingredients to a large bowl and mix well.



Step 3

Using a tablespoon measure, scoop the mixture into your palm.



Step 4

Using your hands, roll the measured mixture into a ball.



Step 5

Place the rolled ball on a plate and repeat until the mixture is gone.



Step 6

The bites can be enjoyed right away or if they are too sticky, they can be placed in the fridge to set.

SUBSTITUTIONS:

- You can use any alternative nut butter in place of the peanut butter.
- Instead of cherries, you can use raisins, dried cranberries, apples, or bananas, chopped dates or figs.

MSU EXTENSION NOTES:

- Using the tablespoon to measure each portion should you get around 14 balls, but you can make these as large or small as you want!

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