



Oatmeal Raisin Energy Bites

5 Servings • 1 Serving = 2 Energy Bites

Recipe developed by Lauren Weaver, Texas A&M Intern

INGREDIENTS

- ¼ cup sunflower butter
- ½ cup traditional oats
- 1/3 cup raisins, unsweetened
- ½ Tablespoon shredded coconut, unsweetened
- 1 Tablespoon chia seeds
- ½ Tablespoon honey

DIRECTIONS

1. In a medium bowl, combine all ingredients and mix well.
2. Using your hands, roll 1 heaping Tablespoon of mixture into a ball.
3. Repeat with remaining mixture.

Nutrition Facts

5 servings per container
Serving size 2 energy bites

Amount per serving
Calories 170
% Daily Value*

Total Fat 8g 12%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 65mg 3%

Total Carbohydrate 19g 7%

Dietary Fiber 4g 14%

Total Sugars 10g

Includes 2g Added Sugars 4%

Protein 5g

Vitamin D 0mcg 0%

Calcium 36mg 2%

Iron 1mg 6%

Potassium 192mg 4%

*The % Daily Value 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.

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