



# 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\***

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

\* 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.

## 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.

## 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.



## 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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