

Mix & Match Energy Bites Guide

INSTRUCTIONS

- Choose an ingredient from each category
- Mix all ingredients together
- Roll into bite sized balls

Have fun and be creative! So many combinations are possible.



GRAINS 2 CUPS

- Old Fashioned Oats
- Puffed Rice
- Cooked Quinoa



NUT OR SEED BUTTER 3/4 CUP

- Sunflower seed butter
- Peanut butter
- Almond butter
- Cashew butter
- Coconut butter



STICKY SWEETENER 3 TABLESPOONS

- Maple Syrup
- Honey
- Molasses



TASTY ADDITION 1/2 CUP

- Chocolate Chips
- Cacao Nibs
- Dried fruit
- Coconut flakes



These store in the freezer for up to 1 month or in the refrigerator for 1 week.

Make LEAP friendly by choosing options on your approved list!

