

Power Up Energy Sun Butter Bites

INGREDIENTS

- 1/2 cup – sunflower butter (room temp.)
- 1 tsp. – vanilla flavoring
- 1 ½ oz. – ground graham cracker
- 1/3 cup – honey (room temp.)
- 1 cup – quick oats
- 3 oz. – chopped dried cranberries

Servings: 8 - 10

METHOD

- 1) Stir all ingredients in a bowl to mix well.
- 2) Shape into balls and refrigerate.

Serve & Enjoy

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Fun Facts

These energy bites contain multiple foods that provide a great combination of protein, carbohydrates, and healthy fats to help fuel your body and keep your energy levels high.

Vanilla beans are made of two parts. The outer shell is called a “pod” (looks like a long, thin, dried bean) and the inside contains tiny little seeds.

Sun butter is made from sunflower seeds, making it a great alternative to peanut butter for anyone with a peanut allergy. Sun butter contains healthy fat, protein, and fiber, which is ideal for long-lasting energy and sun butter and sunflower seeds are great for snacking because they're easy to take on the go.

Dried cranberries are also commonly referred to as craisins (like a cranberry-raisin). Dried cranberries provide energy, antioxidants, and a tart sweetness. Craisins don't require refrigeration, which makes them great for portable snacking.

Oats are a whole grain and an excellent source of fiber. This fiber will help you stay feeling full longer during a busy school day.