



No Bake Cereal Bites



Ingredients



- ¾ cup crisp rice cereal
- ½ cup oats
- ½ cup peanut butter
- ¼ cup chocolate chips
- ¼ cup raisins
- 1 ½ Tbsp. honey
- 1 tsp vanilla extract

Yield: 18 servings
Serving Size: 1 bite (~1 Tbsp.)



Directions



1. Mix all ingredients together in a medium bowl.
2. Roll into bite-sized balls (~1 Tbsp.)
3. Chill for half hour or until ready to serve.
4. Store in an airtight container in the refrigerator.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



This Recipe Provides



Cooking Tips

- Almond butter can also be used
- Try other dried fruit instead of chocolate chips
- Agave can be substituted for honey.
No honey or sweetener? Try it with just the peanut butter!

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Nutrition Facts



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18 servings per container	
Serving size	1 bite
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Sugar Alcohol 0g	
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 1mg	6%
Potassium 90mg	2%

*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.

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Dietary Fiber 1g	4%
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