



No Bake Granola Bites



Ingredients



- 1 cup oats
- 2/3 cup coconut flakes
- 1/2 cup sun butter
- 1/2 cup chocolate chips
- 1/3 cup honey
- 1 tsp vanilla extract

Yield: 16 servings
Serving Size: 1 bite



Directions



1. Mix all ingredients together in a medium bowl
2. Roll into bite-sized balls
3. Chill for half hour or until ready to serve

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



- Coconut flakes are optional
- Peanut or almond butter can also be used
- Try dried fruit instead of chocolate chips
- Agave can be substituted for honey

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Nutrition Facts



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16 servings per container

Serving size **1 Bite**

Amount Per Serving
Calories 130

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 8g Added Sugars	16%
Protein 3g	6%

Not a significant source of vitamin D, calcium, iron, and potassium

*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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