



SUPER POWER BITES

Hey there, little superheroes! Ready to make a snack that will give you superpowers? Today, we're making "Super Power Bites" (Fruit and Nut Energy Bites). These tasty bites are packed with energy and deliciousness. Let's get mixing and create some powerful treats!

INGREDIENTS

- 1 cup rolled oats
- 1/2 cup peanut butter (or any nut butter)
- 1/3 cup honey or maple syrup
- 1/2 cup dried fruit (raisins, cranberries, or apricots)
- 1/2 cup chopped nuts (almonds, walnuts, or cashews)
- 1/4 cup mini chocolate chips (optional)
- 1/4 cup shredded coconut (optional)
- 1 teaspoon vanilla extract

DIRECTIONS

1. MIX IT UP:

In a large mixing bowl, combine the rolled oats, peanut butter, honey or maple syrup, dried fruit, chopped nuts, mini chocolate chips (if using), shredded coconut (if using), and vanilla extract.

2. STIR AND COMBINE:

Use a spoon or your hands to mix everything together until it's well combined. The mixture should be sticky enough to hold together when pressed.

3. ROLL IT OUT:

Take a small amount of the mixture and roll it between your hands to form a ball. Repeat with the remaining mixture until you have a plate full of energy bites.



4. CHILL TIME:

Place the energy bites on a plate or baking sheet and refrigerate for about 30 minutes to help them firm up.

5. SERVE AND ENJOY:

After chilling, your super power bites are ready to eat. Store any leftovers in an airtight container in the refrigerator.

FUN TIPS

SHAPE FUN:

Use different fun-shaped molds to make your energy bites into stars, hearts, or any shape you like.

COLORFUL ADD-INS:

Add some colorful sprinkles or dried fruits to make your energy bites even more fun and vibrant.

MIX AND MATCH:

Try different combinations of nuts and dried fruits to find your favorite flavor.



NOTES

Hooray! You've just made some amazing "Super Power Bites" (Fruit and Nut Energy Bites). Enjoy your delicious and energizing treats with your family and friends. Making fun snacks is always a great adventure, especially when they taste this good. Happy munching!

