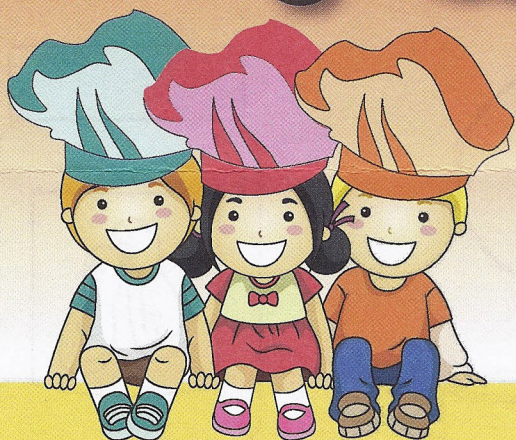


Cooking is Fun & Easy



The Kids Cook SM Monday!

Shopping List

Check off items you have at home

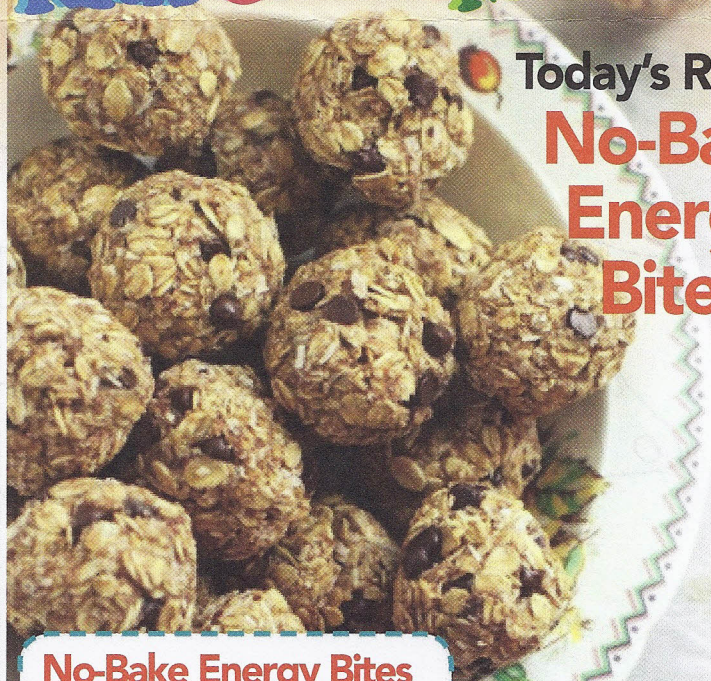
- ☐ Rolled oats
- ☐ ShopRite peanut butter (or other nut butter)
- ☐ ShopRite honey
- ☐ Ground flaxseed
- ☐ Mini chocolate chips
- ☐ ShopRite vanilla
- ☐ Unsweetened coconut flakes (optional)

Materials you will need

- ☐ Large bowl
- ☐ Large spoon
- ☐ Tray or large serving plate
- ☐ Measuring cups
- ☐ Measuring spoons



Created by:
Daydream
Kitchen



Today's Recipe: No-Bake Energy Bites

No-Bake Energy Bites

Prep time: 10 minutes

Serves: 24 Calories: 80

Ingredients:

- 1 ½ cups rolled oats
- ½ cup ShopRite peanut butter (or other nut butter)
- 1/3 cup ShopRite honey
- ½ cup ground flaxseed
- 1/4 cup mini chocolate chips

- 1 tsp ShopRite vanilla
- ½ cup unsweetened coconut flakes (optional)

Directions:

Together: Mix all of the ingredients together in a large bowl.

Adult: Refrigerate it for a while in order to make the mix firmer and easier to work with.

Together: Make small balls, bite size, from the mix.

Kid: Roll balls in coconut, if desired. Refrigerate before serving.