

POWER BITES

Makes about 3 dozen

By Dennis W. Viau; modified from a recipe by Michelle.

These Power Bites are delicious little confections made with healthy ingredients. After a little advanced preparation, they would be fun to make with your children, as no cooking and no sharp implements are required in the assembly. They are also quick and easy to make, well suited for children with a short attention span.



Ingredients:

- ½ cup (43g) rolled oats (“old fashioned”); toasted
- ½ cup (135g) peanut butter, smooth or crunchy, preferably “all natural”
- ½ cup (170g) honey
- ¾ cup (weight varies) of dried fruit, chocolate chips, or nuts
- 6 tablespoons instant nonfat dry milk powder
- ½ teaspoon vanilla extract
- 1½ cups (115g) shredded coconut, sweetened or unsweetened

Used the following to make three kinds of Power Bites (without increasing the ingredients above):

- ¼ cup (34g) cashews; lightly crushed
- ¼ cup (28g) dried cranberries; lightly chopped
- ¼ cup (43g) semisweet chocolate chips or other morsels

Directions:

To toast the oats, spread on a cookie sheet and bake in a 350°F (175°C) oven for 10 minutes. Allow to cool. Chop any fruit or nuts that might need chopping before inviting the children in to do the preparation.

Combine all the ingredients except the coconut. If you will be using the one batch to make two or three different kinds of Power Bites, divide the mixture evenly for each of your additives.

After adding any fruit and/or nuts to the mixture, spoon a small amount out of the bowl, enough to roll into a sphere about an inch (2.5cm) in diameter. You can roll them slightly smaller if you'd like single pop-in-your-mouth confections.

Spread the shredded coconut on a plate and roll each ball in the coconut to cover evenly. Place on a lined baking sheet and refrigerate for 30 minutes or longer.

These can be put into small plastic bags and placed in your children's lunch boxes or left in the refrigerator for after school snacks. With almost no processed sugar, preservatives, nor additives (especially if you avoid the chocolate chips), they make a healthy treat.

The step-by-step photos were removed. See the video for the preparation.