



NUTRITION NEWS

APRIL 2022

LET'S GET MOVING!

With the weather starting to get warmer it's a great time to start getting active again.

- Go for a walk
- Improve your golf game
- Start your garden
- Go fishing
- Take advantage of the community swimming pool



Healthy Snacks for ENERGY

- Dried fruit and nuts
- Smoothies
- Turkey sticks and fresh fruit
- Apples and Peanut Butter
- Yogurt Parfaits



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

5 INGREDIENT PEANUT BUTTER ENERGY BITES

PREP TIME: 10 MINUTES SERVING SIZE: 12 BITES

RECIPE BY CHEF SAVVY

Ingredients

2/3 cup creamy peanut butter
1/2 cup semi-sweet chocolate chips
1 cup old fashioned oats
1/2 ground flax seed
2 tablespoons honey

Instructions

1- Combine all ingredients in a medium bowl. Stir to combine. Place in the refrigerator for 15-20 minutes so they are easy to roll.
2-Roll into 12 bites and store in the fridge for up to a week.



Variations to add to the recipe

- Shredded Coconut
- Cranberries
- Chopped nuts
- Chia seeds
- Hemp seeds

[HTTPS://CHEFSAVVY.COM/5-INGREDIENT-PEANUT-BUTTER-ENERGY-BITES/#WPRM-RECIPE-CONTAINER-27489](https://chefsavvy.com/5-ingredient-peanut-butter-energy-bites/#wprm-recipe-container-27489)