

Lesson 3: No Bake Oatmeal Bites

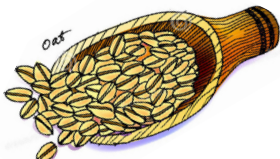


Recipe
Takes 10 minutes
Makes 5 servings

YOU WILL NEED:

mixing bowl
spatula
measuring cups and spoons
spoons

Ingredients For 5 servings



1 cup old fashioned
rolled oats (try not
to use instant)



1/2 cup
mini chocolate chips



1/2 cup dried fruit
(cranberries,
raisins, etc.)



1/2 cup
soy nut butter
(or any nut butter)



1/4 cup honey



1 teaspoon
vanilla extract

Preparation

Mix all ingredients in a mixing bowl with a spatula until everything is incorporated. Refrigerate at least 1 hour before using. Using a spoon, scoop out a small amount of mixture and roll into bite sized balls.

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DIRECTIONS

1. Fill in the blank in the bubble.
2. Color the bowl of oatmeal
3. Draw legs and running shoes on the oatmeal!

Make it
through your day,
the _____ way!

