

No-Bake Pumpkin Energy Bites

December 2019

Harvest of
the Month 

Ingredients

- 1 15 ounce can pumpkin
- 2 Cups of oats (old fashioned or instant)
- 2 Cups of puffed rice cereal
- 1 Cup of peanut butter (crunchy or smooth)
- 1 1/2 Tablespoons of honey
- 2 Tablespoons of mini chocolate chips
- 1 Teaspoon of cinnamon (optional)



SERVING SIZE: 2 bites

SERVINGS: 20

PREPARATION TIME: 20-30 minutes

COOK TIME: 60 minutes

Directions

1. Add ingredients to a large bowl and mix together until soft and doughy.
2. Form mixture into 1 Tablespoon sized balls.
3. Place balls on a cookie sheet. Chill in fridge for 30 minutes.

* Store in a closed container in the fridge for up to 1 week. Store in the freezer for up to 3 months.

Recipe Tips

- Choose cans that have not been damaged.
- Store unopened cans in a cool, dry place for up to 3 years.
- If not using the whole can, store in a separate, closed container in the fridge for up to 5 days.
- Enjoy canned pumpkin in soups, snacks and pastas.
- Try fresh pumpkin! Purchase small cooking pumpkins. Cut them in half, cover with foil and roast in the oven at 350 degrees for about 50 minutes.

Nutrition Facts

Amount Per Serving	
Calories	133
Total fat	7g
Saturated fat	1g
Cholesterol	0mg
Sodium	57mg
Total Carbohydrate	13g
Fiber	2g
Sugar	5g
Includes 3g of Added Sugars	
Protein	3g
Phosphorus	35mg
Potassium	110mg