Triton Well-being:
Make Your Own Energy Bites

with Jasmine Chu

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Step 1: The Base!

INGREDIENTS:

1/2 cup of nut or seed butter (e.g. peanut butter, almond butter, or sunflower seed butter) PLUS ONE of the following options:

- 1/2 cup of pureed fruit e.g. applesauce or mashed banana
- 1/4 cup Greek yogurt and 2 Tbsp honey
- 1/4 cup of nut/seed butter and 1/4 cup honey (does not require refrigeration)

DIRECTIONS:

Place all base ingredients into a large bowl and mix thoroughly.

Top Tip! If nut butter is firm, place it in bowl first and microwave ~30-60 sec. to soften,
Step 2: Mix-Ins!

INGREDIENTS:

Mix-ins: 1 cup of rolled or quick oats PLUS ONE of the following options

- 1/2 cup oats and 1/2 cup dried fruit
- 1/2 cup oats, 1/4 cup Tbsp chia or flax seeds and 1/4 cup chocolate chips
- 1/2 cup sliced/chopped nuts/seeds and 1/2 cup shredded coconut

DIRECTIONS:
Add all dry ingredients to bowl with wet ingredients.
Step 3: Optional Flavor Add-ins!

INGREDIENTS:

- 1 tsp vanilla or other extracts
- 1-2 tsp ground spices (e.g. cinnamon, ginger)
- 1-2 scoops of protein powder
- 2 Tbsp cocoa powder
- pinch of salt

DIRECTIONS:
Place any add-ins into bowl with wet and dry ingredients and mix well.
Step 4: Make your Bites!

Directions:

1. If mixture is too sticky, add additional dry ingredients.
2. If mixture is too dry, add some more wet ingredients until the mixture sticks together. Note that mixture will firm up and stick together better after refrigerating.
3. Use hands to form into small, bite-sized balls. OR Press into a pan lined with parchment paper or cooking spray, refrigerate, then cut into squares/bars.

Store in an airtight container in the fridge and consume within a week. Note: nut butter and honey base does not require refrigeration.
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For individual nutrition consultations, contact Erin Kukura with UCSD Recreation

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