



# Healthy Energy Bites

*„Be a healthy snack chef!“*

# Instructions

- **Wear** your latex gloves
- **Take** the small cups with all ingredients
- **Mix** them in the bowl
- **Create** 15-20 “energy bites”
- **Choose** a funny name for your creation!

# Ingredients

## BASE

- Oat Bran Whole Grain (80 gr) → **1 cup**
- Greek honey (40 gr) → **2 - 3 tbsps**
- Greek *tahini* (toasted ground sesame) (40 gr) → **1 - 2 tbsps**

## EXTRA

- Black currants (raisins) (20 gr) → **1 small tbsp**
- Sunflower seeds (20 gr) → **1 small tbsp**
- Walnuts (20 gr) → **1 small tbsp**
- Chocolate drops (20 gr) → **1 small tbsp**
- Cinnamon (2-3 pinches) → **1 small tbsp**