



 **12%**
HEALTH SCORE

{No Bake} Cinnamon Butterscotch Energy Bites

 Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



283 kcal

SIDE DISH

Ingredients

- 2 tbsp brown sugar
- 2 tbsp brown sugar
- 0.3 cup butterscotch chips
- 0.5 cup rice cereal crisp
- 2 tbsp ground flaxseed
- 0.3 cup honey
- 1 cup rolled oats

- 14 servings peanut butter
- 2 tbsp protein powder
- 0.5 cup rolled oats

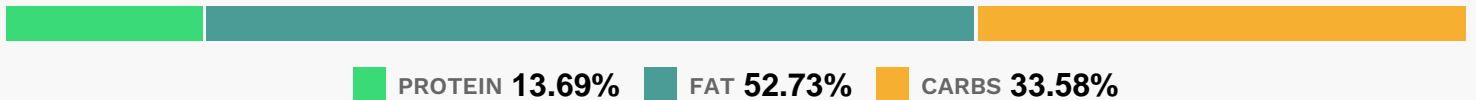
Equipment

- bowl
- blender
- microwave

Directions

- Grind cup oats in blender.
- Combine cereal, whole oats, ground oats, protein powder, and ground flax in a bowl. In a microwavable safe bowl, mix together brown sugar, peanut butter, and honey and heat in the microwave in 15 second intervals, stirring intermittently, until melted.
- Pour liquid mixture into dry mixture and stir to combine. Refrigerate 30 minutes.
- Remove from fridge and roll into balls, then press butterscotch chips into each ball.

Nutrition Facts



Properties

Glycemic Index:14.45, Glycemic Load:5.44, Inflammation Score:-4, Nutrition Score:8.6847826086957%

Taste

Sweetness: 81.54%, Saltiness: 0.88%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 283.16kcal (14.16%), Fat: 17.58g (27.05%), Saturated Fat: 3.46g (21.64%), Carbohydrates: 25.19g (8.4%), Net Carbohydrates: 22.48g (8.17%), Sugar: 14.33g (15.93%), Cholesterol: 3.61mg (1.2%), Sodium: 154.21mg (6.7%), Protein: 10.27g (20.53%), Manganese: 0.82mg (40.82%), Vitamin B3: 4.42mg (22.09%), Vitamin E: 2.96mg (19.72%), Magnesium: 71.62mg (17.9%), Phosphorus: 157.45mg (15.74%), Fiber: 2.71g (10.83%), Copper: 0.19mg (9.3%), Folate: 32.35µg (8.09%), Zinc: 1.2mg (7.98%), Vitamin B6: 0.16mg (7.92%), Vitamin B1: 0.1mg (6.92%), Potassium: 234.63mg (6.7%), Iron: 1.18mg (6.57%), Selenium: 4.25µg (6.08%), Vitamin B2: 0.08mg (4.75%), Vitamin B5: 0.46mg (4.55%),

Calcium: 32.67mg (3.27%)