

# ARTS FOR ALL

Virtual Y Arts: Culinary Arts  
YMCA OF PIERCE AND KITSAP COUNTIES



## Easy Pantry Meals: Energy Bites

**Ages:** Whole family

**Time:** 40 minutes

**Prep Time:** 10 minutes

**Cook Time:** 30 minutes

**Servings:** 16

### Objectives

- Practice cooking techniques like measuring, mashing, and mixing.
- Learn how to prepare a yummy treat straight from ingredients in your pantry.
- Enjoy the experience of cooking with even the youngest helpers with this go to recipe!



### Supplies/ Materials:

- ☐ Large mixing bowl
- ☐ Masher or large fork
- ☐ Spatula or large mixing spoon
- ☐ Measuring spoons
- ☐ Measuring cups
- ☐ Baking sheet
- ☐ Parchment paper (optional)

### Ingredients

- 2 ripe bananas
- 2 cups rolled oats
- ¼ cup almond butter, or peanut butter, or your favorite nut butter
- ¼ cup honey or maple syrup
- 2 tablespoons mini chocolate chips
- ½ teaspoon cinnamon (optional)

Find this lesson on YouTube here:  
[youtu.be/lzAjWBrzNSs](https://youtu.be/lzAjWBrzNSs)

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## Preparation

Activity	Instructions
Kitchen Safety	<p>Wash hands with soap and warm water for 20 seconds.</p> <p>Dry hands and begin energy bite preparation.</p>
Time for "Mise En Place" (a French term that means "to put everything into place")	<p>Cover baking sheet with parchment paper and set aside for later.</p> <p>Collect all remaining cooking utensils and arrange for in in order for optimal use.</p>
Prepare Energy Bites	<p>Peel bananas and place them in a large mixing bowl.</p> <p>Mash bananas- this can be done by hand (let your little ones have a blast) or keep it clean by using a potato masher or large fork.</p> <p>Stir in nut butter of choice, honey, chocolate chips, rolled oats and cinnamon.</p> <p>Mix well with hands or spoon/spatula until combined.</p> <p>Scoop batter, roll into balls and place onto baking sheet.</p> <p>Refrigerate for 2 hours.</p>
*Additional chef's note	<p>These energy bites are best stored in the refrigerator. They can also be stored in the freezer for up to 3 months, yay!</p>