



# R-10340 Energy Bites

Category: Snack

Serves: 100 (4 each)

HACCP Process: Process #1 (No Cook)



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
Milk, Peanuts	None	None

PICKLIST
6 Pounds of CHOCOLATE CHIPS SEMI SWEET, 5 Containers of CONTAINER CEREAL OATMEAL, 2 Eaches of PEANUT BUTTER BULK, 59 Eaches of SYRUP PNCK MAPL FLVRD, 1 Each of VANILLA EXTRACT

#	INGREDIENTS	INSTRUCTIONS
1	1 gallon 1 quart 2 cups 3 tablespoons 1 3/4 teaspoons of CONTAINER CEREAL OATMEAL 2 quarts 3 cups 1 tablespoon 2 1/2 teaspoons of COCONUT FLAKES 3 quarts 1 cup 14 tablespoons 3/4 teaspoon of PEANUT BUTTER BULK 2 quarts 3 cups 1 tablespoon 2 1/2 teaspoons of CHOCOLATE CHIPS SEMI SWEET 11 1/8 x cup of SYRUP PNCK MAPL FLVRD 7 tablespoons 1 1/4 teaspoons of VANILLA EXTRACT	Fold all ingredients together in a large mixing bowl until thoroughly combined. Roll into 1 inch balls. Chill in the cooler for 1-2 hours or in the freezer for 30 minutes. Refrigerate in a sealed container for 7 days or freeze for up to 3 months. Control Measures: Cold Service Hold Below 41°

NUTRIENT	4 EACH
Calories	691.32 kcals
Saturated Fat (grams)	15.00 g
Sodium	256.62 mg
Total Carbohydrate	85.79 g

<sup>1</sup> Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
4 each	1.000 oz Meats/Meat Alternates, 1.000 oz Grains, 1.000 oz Whole Grain-Rich (Grains)