

No-Bake Peanut Butter Energy Bites

Menu Category: Afterschool Snack / Smart Snack

Component Contribution:

- 1 oz eq Meat/Meat Alternate
- 0.5 oz eq Whole Grain-Rich Grain

Portion Size: 1 oz each (No. 40 scoop)

Crediting Information (Per 1 oz Portion)

Provides approximately:

- 1 oz eq M/MA (peanut butter + nonfat dry milk)
- 0.5 oz eq WGR grain (rolled oats)

Standardized Recipe – 100 Portions

Yield: 100 portions (1 oz each)

Ingredient	Amount
Peanut Butter	8 lb 5 oz
Rolled Oats (WGR)	6 lb 11 oz
Honey	2 ½ cups
Nonfat Dry Milk Powder	2 lb 8 oz

Preparation Procedures

1. Wash hands and follow standard food safety procedures.
2. In a large mixer bowl, combine peanut butter and honey until smooth.
3. Add nonfat dry milk powder; mix until incorporated.
4. Gradually fold in rolled oats until evenly distributed.
5. Portion using a No. 40 scoop (1 oz).
6. Roll into uniform balls.
7. Place on parchment-lined sheet pans.
8. Refrigerate at 41°F or below for at least 30 minutes before service.
9. Hold cold at 41°F or below.

Critical Control Points (HACCP)

- Use clean, sanitized equipment.
- Store finished product at 41°F or below.
- Discard after 3 days if refrigerated.
- Do not leave at room temperature longer than 2 hours.

Scaled Recipe – 12 Portions

Yield: 12 portions (1 oz each)

Ingredient	Amount
Peanut Butter	1 lb
Rolled Oats (WGR)	13 oz
Honey	5 tablespoons
Nonfat Dry Milk Powder	5 oz

Nutrient	Amount (Approx.)
Calories	~130 kcal
Total Fat	~6.7 g
Saturated Fat	~1.3 g
% Calories from Fat	~46%
Sodium	~65 mg
Carbohydrates	~14 g
Protein	~5 g
Sugar	~6 g
Fiber	~1.5 g

HACCP / Food Safety

Process Step	Critical Limit	Monitoring
Cold Holding	≤41°F	Thermometer check
Room Temp Exposure	≤2 hours	Time log
Storage	≤3 days refrigerated	Date label