



Little Earth Bites

No Electricity - Pure Family Power

On Earth Day, Mother Earth calls us to get our hands messy for something meaningful.

These little energy balls are round like our planet, filled with seeds and sweetness, and rolled by green fingers.

No oven, no waste, just pure family-made power.

What You'll Need (No Cooking Required!)

- 1 large mixing bowl
- Measuring cups/spoons
- Clean hands!
- A plate or tray
- Optional: parchment paper

Family Roles

Toddlers (3-5):

- Pour and stir
- Roll the balls
- Choose toppings

Kids (6-9):

- Measure ingredients
- Shape and design
- Arrange the "Earth plate" display

Tweens & Teens (10-18):

- Lead the recipe
- Explore flavor combos
- Create a mini Earth Day message to go with it

Parents:

- Guide and clean-up support
- Enjoy the moment (and the bites!)

Basic Ingredient Formula (Makes ~16-20 bites)

- 1 ½ cups rolled oats
- ½ cup nut butter (like peanut, almond, or sunflower seed butter)
- ⅓ cup honey or maple syrup
- ¼ cup mini chocolate chips or chopped dried fruit (raisins, apricots)
- 2 tbsp chia seeds, sunflower seeds, or hemp seeds
- 1 tsp vanilla extract (optional)
- 👉 Optional "Earth toppings":
 - Matcha powder (for green Earth vibes)
 - Cocoa powder
 - Shredded coconut
 - Crushed nuts

Steps to Shape Your Planet Together:

1. **Mix:** Combine oats, nut butter, honey/maple syrup, seeds, vanilla, and any extras in a bowl. Stir until it comes together.
2. **Shape:** Scoop out spoonfuls and roll into small balls (about 1 inch across). Kids love this part!
3. **Decorate:** Roll some in matcha = "Earth green." Others in cocoa or coconut = "soil, snow, and variety."
4. **Chill** (optional): Refrigerate for 20 minutes if you want them firmer — or eat them fresh if your refrigerator is OFF on Earth Day.

