



Chrysalis Oat Bites



A make-together snack card

You will need: rolled oats, sunflower seed butter, honey, a big bowl, a plate

No-bake chrysalis bites: squish, roll, rest, eat.

You do:

1. Put the oats, peanut-free sun butter, and honey in the big bowl.
2. Squish it all together with clean hands. Squishing is the job.
3. Roll the dough into little balls, like tiny chrysalises.
4. Line them up on the plate to rest, just like Sissy did.

A grown-up does:

1. Measure one cup oats, half a cup sunflower seed butter, three spoonfuls of honey.
2. Chill the bites for twenty minutes before snack time.

Allergens in this snack: wheat

Choking care: No honey for babies under one, ever. Keep the bites small and eat sitting down.

Made by a teacher, not a dietitian - always check ingredients against your own child's needs. Ages 3-7 with a grown-up.

