



# POTATO ENERGY BITES

## INGREDIENTS

- 1 cup rolled oats
- 1 tablespoon chia seeds
- 1 tablespoon ground flax
- 1 tablespoon unsalted pumpkin seeds
- ½ cup dried cherries
- 1 teaspoon ground cinnamon
- Flesh from ½ large russet potato cooked (about ¾ cup)
- 3 tablespoons natural peanut butter
- 1 teaspoon vanilla extract
- ¼ cup maple syrup

## PREPARATION

1. In a large bowl, combine oats, chia seeds, flax, pumpkin seeds, cherries, and cinnamon.
2. In a separate bowl, mash together potato, peanut butter, vanilla, and maple syrup.
3. Add potato mixture to oats, and stir until fully combined (use hands to mix).
4. Roll into 12 balls, and store in fridge or freezer for up to 2 weeks.

## NUTRITION

### Per Energy Bite

Calories	Fat	Sodium	Carbs
<b>137</b>	<b>4g</b>	<b>5mg</b>	<b>22g</b>
Fiber	Protein	Potassium	
<b>4g</b>	<b>4g</b>	<b>185mg</b>	

# WHAT ARE YOU EATING?™

Potatoes. Real Food. Real Performance.™

## A BY-THE-NUMBERS LOOK AT HOW POTATOES CAN FUEL YOUR PERFORMANCE:<sup>1</sup>

**26** Grams of  
Complex Carbs

**620** Milligrams  
of Potassium

**2** Grams  
of Fiber

**27** Milligrams  
of Vitamin C

Learn more at [PotatoesFuelPerformance.com/recipes](https://PotatoesFuelPerformance.com/recipes)  
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1. Nutritional data is based on a 5.2 ounce skin-on potato.