



0 WOW! Moment—Cooking With Math

Can you make a delicious energy snack using only teaspoons?

MATERIALS

- ❖ Teaspoon
- ❖ Mixing Bowl
- ❖ Mixing Spoon
- ❖ Old Fashioned Oats
- ❖ Chocolate Chips
- ❖ Toasted Coconut
- ❖ Ground Flax Seed
- ❖ Chia Seeds
- ❖ Vanilla Extract
- ❖ Honey
- ❖ Peanut Butter or another nut based butter
- ❖ Air Tight Container

GET SET UP

1. Please note that 1 cup is equal to 48 teaspoons.
2. You will only use your teaspoon for measurement so you will need to convert the measurements from cups to teaspoons.
3. Add 1 cup of oats to your bowl. How many teaspoons is this?
4. Add a $\frac{1}{2}$ cup of ground flax sees to your bowl. How many teaspoons is this?
5. Add a $\frac{1}{2}$ cup of chocolate chips to your bowl. How many teaspoons is this? This is optional.
6. Add a half cup of peanut butter (or other nut butter) to your bowl. How many teaspoons is this?
7. Add $\frac{1}{3}$ cup of honey to your bowl. How many teaspoons is this?
8. Add $\frac{2}{3}$ cups toasted coconut to your bowl. How many teaspoons is this?
9. Add 1 tablespoon of vanilla extract to your bowl. If 16 tablespoons are in a cup and 48 teaspoons are in a cup how many teaspoons are in a tablespoon?
10. Mix together all the ingredients with your mixing spoon.
11. Place your mix in an airtight container and refrigerate for an hour.
12. Shape your energy bites into 1"x1" squares.
13. If refrigerated they will last about a week. If frozen they will last about a month.
14. Enjoy!

Please take all precautions when it come to food allergies.