



Family Literacy Week
January 25 – February 1, 2026

Make mealtime family learning time

School-aged

Tasty math: Learning with snacks

Easy no-bake energy balls

These no-bake protein balls are easy to make, fun to roll and tasty to eat. They are a great snack for after school, before sports or anytime you feel hungry. Best of all, you don't need to cook them, just mix, roll and freeze!

Children build important skills when they follow recipes. They practice measuring, talking about size and quantity and counting. They also learn about taking turns, trying healthy foods and nutrition in a fun way.

What you need:

- 1 cup rolled oats
- $\frac{1}{2}$ cup chocolate chips and/or dried fruit
- $\frac{1}{2}$ cup ground flax seed (optional)
- $\frac{1}{2}$ cup crunchy peanut butter or other nut butters
- $\frac{1}{3}$ cup honey
- 1 teaspoon vanilla extract

What you do:

1. Gather all ingredients.
2. Mix them all in a bowl.
3. Roll dough into 24 balls with your hands.
4. Arrange balls on a baking sheet and freeze until set, about an hour.
5. Serve and enjoy!

Store leftovers in an airtight container or store in a fridge for up to a week.

“Math is delicious when served with cookies.”

– Unknown



Ways to incorporate math talk with this recipe:

Measurement and quantity:

- Which one is the $\frac{1}{2}$ cup measuring cup?
- Is $\frac{1}{2}$ cup more or $\frac{1}{4}$ cup more?

Size and comparison:

- Which ball is the biggest?
- Can you make a smaller (or bigger) ball?

Counting and numbers:

- How many balls have we made so far?
- If we made 12 balls, how many will we each get to eat?