

# TUFFY'S STUDY BITES!



**MAKES  
20-25  
BITES!**

- 1 cup old fashioned oats
- 2/3 cup unsweetened coconut flakes
- 1/2 cup nut butter (peanut, sunflower, etc.)
- 1/2 cup ground flax seeds
- 1/2 cup semisweet chocolate chips
- 5 Tbsp honey
- 1 Tbsp chia seeds
- 1 tsp vanilla extract



1. Stir all ingredients together in a medium bowl until thoroughly mixed.
2. Cover and let chill in the refrigerator for 30 minutes.
3. Roll into 1" balls. To store, keep in an airtight container in the fridge for up to 1 week.



(Serving size 1 ball: Calories 134 kcal, Total fat 8 g, Carbohydrate 14 g, Fiber 3 g, Sugar 10 g, Protein 3 g)



CALIFORNIA STATE UNIVERSITY

**FULLERTON**

STUDENT WELLNESS



**TITANWELL**

HEALTH PROMOTION SERVICES



ACE  
FINALS  
NUTRITION!



FUEL  
• FOR •  
FINALS

Going more than 5 hours between meals? Power effective study sessions with **fiber** + **protein** snacks!

Fiber + protein supports **long-lasting energy**. Protein in particular may help regulate **mood** and improve **mental clarity**.

### FIBER

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### PROTEIN

Banana  
Dried apricots  
Air-pop popcorn  
Wheat crackers  
Oat cereal  
Carrot sticks

Peanut butter  
Unsalted nuts  
Sunflower seeds  
String cheese  
Greek yogurt  
Boiled eggs



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