

# Peanut Butter Energy Bites

Total yield: 10 balls

Total prep time: 10 minutes

## Ingredients

\_\_\_\_\_ 1 cup old fashioned rolled oats  
          ½ cup natural peanut butter  
          1/3 cup honey  
          ½ cup ground flax seed  
          ½ cup chocolate chips or raisins  
          1 Tsp vanilla  
          Pinch of salt

## Instructions

1. Combine all ingredients together in a large bowl and mix well. Place in refrigerator for approx. 10 minutes.
2. Pinch off some batter and roll into a ball. Place on a large baking sheet. Repeat.
3. Refrigerate for at least 30 minutes, then serve. Will last in refrigerator for up to one week.

# Raw Chocolate Energy Bites

Total yield: 15 balls

Total prep time: 30 minutes

## Ingredients

\_\_\_\_\_ 1 cup raw seeds or nuts of choice  
          1/4 cup cacao or cocoa powder  
          1 tsp vanilla extract  
          1/4 tsp sea salt  
          1 cup medjool dates, pitted & chopped  
          1-3 tbsp water  
          1/4 cup cacao nibs or chocolate chips  
          Cacao powder or unsweetened shredded coconut, optional for coating

## Instructions

1. Place seeds/nuts in a food processor and process until finely ground. Pulse in cacao, vanilla, and salt.
2. Add in the chopped dates and water, 1 tablespoon at a time until the dough comes together nicely. Process until all ingredients are distributed evenly (you may need to stop a few times and scrape down the sides and separate the dough if it forms a ball).
3. Pulse in the cacao nibs or chocolate chips.
4. Roll pieces of the dough into small, tablespoon-sized balls. You may roll them in the cacao powder, shredded coconut, or any other toppings of choice.
5. Place your energy bites in a container in the refrigerator or freezer for at least 30 minutes, then serve. They can stay stored in a sealed container in the refrigerator for up to 5 days.

Want more energy bites recipes? [Here are 33 more.](#)