

ENERGY BITES

Vegan, gluten-free, peanut-free, refined oil-free

Recipe by Jentry Lee Hull adapted from [Give Me Some Oven No-Bake Energy Bites](#)

Yields ~16 bites

INGREDIENTS

- ½ cup almond butter
- 3 Tbsp maple syrup
- 1 Tbsp ground flax seeds*
- 1 Tbsp chia seeds
- 1 Tbsp hemp hearts
- 1 cup rolled oats
- 1 tsp pure vanilla extract
- ¼ tsp pink Himalayan salt
- ¼ cup dairy free chocolate chips (I used [Enjoy Life semi-sweet Mini Chocolate Chips](#))
- ¼ cup [goji berries](#) or [mulberries](#) optional, but awesome!

METHOD

- Warm almond butter and maple syrup in a large, microwave-safe bowl for about 15-20 seconds. Mix thoroughly.
- In a separate, smaller bowl, whisk together remaining ingredients.
- Incorporate the dry mixture in with the wet, and stir with a spatula or spoon until well-combined.
- The mixture should be sticky. If too dry, add more nut butter. If too wet, add more oats.
- Once blended, scoop and form into 1-inch-sized balls. Place in an even layer in a baking dish or other sealable container, and cover.
- Cool in the fridge for at least 30 minutes.
- Store in an air-tight container for up to a week in the refrigerator or in the freezer for a couple months.

NOTES*

- Best to grind whole flaxseed at home rather than buying pre-ground. Use a clean coffee grinder to finely mill the flaxseed and store any leftovers in an airtight container in the fridge.
- Whole flax will last longer and is less prone to spoilage.

Nutrition Facts

Servings 16.0

Amount Per Serving

calories 124

% Daily Value *

Total Fat 7 g **10%**

Saturated Fat 1 g **6%**

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 33 mg **1%**

Potassium 17 mg **0%**

Total Carbohydrate 13 g **4%**

Dietary Fiber 3 g **11%**

Sugars 4 g

Protein 4 g **7%**

Vitamin A **0%**

Vitamin C **0%**

Calcium **4%**

Iron **6%**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.