



7 NO BAKE ENERGY BITE

Make Ahead

Sweet
Peas AND
SAFFRON 

INSTRUCTIONS

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1. Melt coconut oil in a large bowl.
2. Stir in the nut butter, maple syrup (or honey) until smooth. Add the oats, chia seeds and ground flax, plus extra add-ins.
3. Roll into 1 tablespoon balls and store in the fridge for up to 1 week or the freezer for up to 3 months.

SHORT TERM:

Store in a sealed container in the fridge. Your energy bites are good for a week or so.

LONG TERM:

Store in plastic bags in the freezer. Freeze on a cookie sheet for one hour before transferring to a ziplock plastic bag in the freezer. *Remove as much air as possible before sealing the bag*

TO THAW:

Place in the fridge overnight

Recipes

Dark Chocolate Mocha No Bake Energy Bites

Ingredients

- 1 tablespoon coconut oil
- 1/3 cup almond butter
- 1/4 cup maple syrup or honey
- 1/2 cup + 1 tablespoon old fashioned oats
- 2 tablespoons chia seeds
- 1/4 cup ground flax
- 1 tablespoon espresso powder
- 2 tablespoons dark chocolate chips

Cranberry Lime Coconut Energy Bites

Ingredients

- 1 tablespoon coconut oil
- 1/3 cup almond butter
- 1/4 cup maple syrup or honey
- 1/2 cup old fashioned oats
- 2 tablespoons chia seeds
- 1/4 cup ground flax
- 1/2 cup shredded coconut (1/4 cup in the bars 1/4 cup to roll in)
- 1 tablespoon lime zest
- 1/4 cup cranberries

* Roll the balls in the reserved 1/4 cup shredded coconut.

Carrot Cake Energy Bites

Ingredients

- 1 tablespoon coconut oil
- 1/3 cup almond butter
- 1/4 cup honey
- 1/2 cup old fashioned oats
- 2 tablespoons chia seeds
- 1/4 cup ground flax
- 1/4 cup shredded coconut
- 1 cup finely shredded carrots
- 1/2 teaspoon ground cinnamon

S'mores No Bake Energy Bites

Ingredients

- 1 tablespoon coconut oil
- 1/3 cup peanut butter
- 1/4 cup maple syrup
- 1/2 cup + 1 tablespoon old fashioned oats
- 2 tablespoons chia seeds
- 1/4 cup ground flax
- 1/4 teaspoon ground cinnamon
- 1/4 cup graham cracker crumbs plus more for rolling
- 1/4 cup chocolate chips
- 1/4 cup mini marshmallows

* Roll the balls in the reserved graham cracker crumbs.

Trail Mix No Bake Energy Bites

Ingredients

- 1 tablespoon coconut oil
- 1/3 cup almond butter
- 1/4 cup maple syrup or honey
- 1/2 cup old fashioned oats
- 2 tablespoons chia seeds
- 1/4 cup ground flax
- 1/4 cup shredded coconut
- 1/4 cup mini M&M's
- 1/4 cup pepitas
- 1/4 cup sunflower seeds

Cashew Ginger No Bake Energy Bites

Ingredients

- 1 tablespoon coconut oil
- 1/3 cup cashew butter
- 1/4 cup maple syrup or honey
- 1/2 cup old fashioned oats + 1 tablespoon
- 2 tablespoons chia seeds
- 1/4 cup ground flax
- 1/4 cup crystallized ginger, chopped
- 1/2 cup cashews, chopped
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger

* Optional *Press a cashew half into the top of each bite.

Blueberry Almond No Bake Energy Bites

Ingredients

- 1 tablespoon coconut oil
- 1/3 cup almond butter
- 1/4 cup maple syrup or honey
- 1/2 cup old fashioned oats + 1 tablespoon
- 2 tablespoons chia seeds
- 1/4 cup ground flax
- 1/4 cup dried blueberries
- 1/4 cup sliced almonds