

## No Bake Energy Bites

### INGREDIENTS

PREP TIME 20 mins TOTAL TIME 20mins  
SERVINGS 20 Servings

### Kitchen Gear

- Food Processor (Adult needed)
- Measuring Cups
- Spatula
- Measuring Spoons
- Cookie Sheet

### Ingredients

- ½ cup pitted dried dates (~7) ( I get mine at Ocean state Job Lot)
- 1 cups rolled oats
- ½ cup natural peanut butter
- ¼ cup honey (or maple syrup)
- ½ teaspoon vanilla extract
- pinch of sea salt
- optional: melted dark or regular chocolate chips

### Instructions

1. Place rolled oats in a high speed food processor and process on high for about a minute until you've formed oat flour.
2. Then, add the rest of the ingredients and process for another 1 to 2 minutes until your dough is formed. It should look and feel like cookie dough.
3. Using a 1 tablespoon scooper, scoop out dough and then roll between your palms to form your balls.
4. Sprinkle with some sea salt and an optional drizzle of melted chocolate.

### TIPS & NOTES

Storage: For best results, lay balls on a cookie sheet and place into the freezer for 2 hours. Then, transfer into a freezer-safe bag and store in the freezer.

### NUTRITION FACTS

Serving Size: 1 ball Calories: 97 Sugar: 11 Fat: 4 Carbohydrates: 13 Fiber: 1 Protein: 2

