

# No Bake Energy Balls



These no bake energy balls require only one bowl, eight ingredients and about 10 minutes of hands-on prep time. You'll love having them as a portable snack option!

## You will need:

- old fashioned rolled oats
- natural peanut butter
- honey
- unsweetened shredded coconut or crushed slivered almonds
- mini dark chocolate chips or mini M&M's
- ground flaxseed
- vanilla
- sea salt

## Substitutions:

- I would NOT recommend using **quick oats**, this will make the texture a bit mushy.
- **Peanut butter** can be swapped for another nut butter like almond or cashew butter.
- **Honey** can be swapped for maple syrup, coconut nectar or agave nectar.
- You can add 2-3 Tablespoons more rolled oats if you eliminate coconut or almonds.
- You can sub **chia seeds** for the **flaxseed**.
- **Chocolate** can be subbed for dried cranberries or raisins.

## Prepare:

- 1 cup old fashioned rolled oats
- ½ cup natural peanut butter
- ¼ cup honey
- ¼ cup unsweetened shredded coconut
- ¼ cup chocolate chips
- 2 Tablespoons ground flaxseed
- 1 teaspoon vanilla extract
- pinch of sea salt

## Instructions:

- Place all ingredients in a large bowl and stir together well to combine.
- Place bowl of “dough” in the fridge for 30 minutes to an hour so it can set up.
- Bring dough out of the fridge and roll into balls about 1 Tablespoon in size.
- Store in a covered container in the fridge or freezer.

## Nutrition:

- **Serving:** 1ball | **Calories:** 112kcal | **Carbohydrates:** 12g | **Protein:** 3g | **Fat:** 7g | **Saturated Fat:** 2g | **Polyunsaturated Fat:** 4g | **Sodium:** 11mg | **Fiber:** 2g | **Sugar:** 7g
- Nutrition information should only be used as an approximation; recalculate if substitutions are included.

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