

Helergon Kitchen

No-Bake Energy Bites

A wholesome, no-bake snack that mixes oats, nut butter, and honey into bite-size energy boosters.

15 min Prep time	**15 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 2 cups rolled oats
- [ ] 1 cup nut butter (almond or peanut)
- [ ] 1/3 cup honey
- [ ] 2 tbsp ground flaxseed
- [ ] 1 tsp lemon zest
- [ ] 1/4 cup mini dark chocolate chips

Optional Add-Ins

- [ ] 1/4 cup dried cranberries
- [ ] 2 tbsp shredded coconut
- [ ] A pinch of sea salt

Instructions

1. In a large bowl, combine the rolled oats, ground flaxseed, and lemon zest; stir until evenly mixed.
2. In a microwave-safe cup, warm the nut butter for about 20 seconds, then whisk in the honey until smooth.
3. Pour the wet mixture over the dry ingredients, adding any optional add-ins, and fold gently until the dough holds together.
4. Using your hands, roll the mixture into 1-inch balls, then press a few chocolate chips into the top of each.
5. Place the bites on a parchment-lined tray and chill in the fridge for at least 30 minutes before serving.

Nutrition per serving

120 kcal	4 g	13 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a softer bite, let the mixture sit at room temperature for 5 minutes before rolling.
- Feel free to swap honey with maple syrup for a vegan version.
- For a protein boost, stir in a scoop of vanilla protein powder with the dry ingredients.