

No Bake Chocolate Oatmeal Energy Bites (Gluten-Free, Dairy-Free)

These no bake treats come together in minutes and are full of all real food ingredients. I don't feel quite so bad grabbing a few of these delicious, chocolatey treats!

Yield: 18 cookie bites

Prep: 10 minutes **Cook:** 0 minutes **Total:** 10 minutes

Ingredients

- 1/2 cup real maple syrup (sub: raw honey)
- 3/4 cup peanut butter or almond butter
- 2 tablespoons unrefined coconut oil
- 1/4 cup 100% cocoa powder (or raw cacao powder)
- 3/4 cup unsweetened shredded coconut
- 1 1/2 cups quick cooking oats (I used gluten-free)
- 1 teaspoon pure vanilla
- 1/2 teaspoon ground cinnamon
- a pinch sea salt

Instructions

1. In a microwave safe mixing bowl, add the syrup, nut butter, and coconut oil. Microwave in 20 second increments and stir until just melted.
2. Add in the cocoa powder, shredded coconut, oats, vanilla, ground cinnamon, and sea salt. Stir until well combined.
3. Use a medium cookie dough scoop or a spoon to scoop out heaping tablespoon-sized amounts of the mixture. (Tip: Wet your hands so the dough doesn't stick to them.) Roll the dough into balls and place them on a parchment-lined or foil-lined rimmed baking sheet.
4. Place the baking sheet in the freezer until energy bites are firm, about 1 hour. Transfer the cookie bites to a freezer storage container or bag and store in the freezer for up to 3 months.
5. When ready to eat, set out on the counter to thaw or microwave an energy bite for just 10 seconds or so.

Notes/Tips

This is a great recipe to scale up 2-3 times to maximize your time and ingredients!

nutrition facts

Serves 18

Calories Per Serving: **151**

						% DAILY VALUE
Total Fat 9.9g	13%	Cholesterol 0mg	0%	Sodium 177.6mg	8%	Total Carbohydrate 14.5g 5%
Dietary Fiber 2g	7%	Sugars 6.8g		Protein 3.7g	7%	