

Bite Spoon

Energy Balls – Healthy No-Bake Snack

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

Ingredients

Base

- [ ] 1 cup Medjool dates, pitted
- [ ] 1 cup rolled oats
- [ ] 1/2 cup almonds, lightly toasted
- [ ] 2 tbsp almond butter
- [ ] 1 tbsp unsweetened cocoa powder
- [ ] 1 tsp lemon zest
- [ ] 1 tbsp honey

Optional Add-ins

- [ ] 2 tbsp shredded coconut
- [ ] 1/4 tsp sea salt
- [ ] 1 tsp chia seeds

Instructions

1. If the dates feel dry, soak them in warm water for 5 minutes, then drain.
2. In a food processor, pulse the dates, almond butter, and cocoa until a sticky paste forms.
3. Add rolled oats, toasted almonds, and lemon zest; pulse a few more times until just combined.
4. Transfer the mixture to a bowl, drizzle honey, and stir gently to incorporate.
5. Roll the dough into 1-inch balls; if the mixture sticks, lightly dampen your hands.
6. Optional: roll balls in shredded coconut or chia seeds for extra texture.
7. Place balls on a parchment-lined tray and refrigerate for 15 minutes before serving.

Nutrition per serving

120 kcal	3 g	18 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too crumbly, add a teaspoon of water.
- For a deeper chocolate flavor, increase cocoa to 2 tbsp.
- These balls are great for a pre-workout boost.