

Treasure Barrel

No-Bake Energy Bites

A simple, no-bake snack packed with oats, dates, and nut butter for lasting energy.

10 min Prep time	**10 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Base

- [ ] 1 ½ cups rolled oats
- [ ] 1 cup pitted Medjool dates
- [ ] ½ cup almond butter
- [ ] ¼ cup honey
- [ ] 1 tsp lemon zest
- [ ] ½ cup mini dark chocolate chips

Optional Add-ins

- [ ] 2 tbsp shredded coconut
- [ ] 1 tbsp chia seeds
- [ ] A pinch of sea salt

Instructions

1. Place the dates in a small bowl, cover with warm water, and let them soak for 5 minutes.
2. In a food processor, combine the softened dates, almond butter, honey, and lemon zest; blend until smooth.
3. Add the rolled oats, chocolate chips, and any optional add-ins; pulse a few times to incorporate without over-processing.
4. Using your hands, roll the mixture into 1-inch balls and place on a parchment-lined tray.
5. Refrigerate for at least 30 minutes to set; then enjoy or store in a sealed container.

Nutrition per serving

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

Tips & notes

- If the mixture sticks, lightly dampen your hands with water.
- Adjust sweetness by tasting the date-butter blend before adding honey.
- For a crunchier bite, add toasted nuts or seeds.