



# ENERGY BITES

## RECIPE AND INGREDIENT FACTS SHEET

### What are Energy Bites?

Energy bites are small, no-bake snacks typically made from nutrient-dense ingredients like dates, oats, nut butters, and seeds. They're quick to prepare, easy to store, and provide a portable source of balanced energy. Perfect as a pre- or post-workout snack or a healthy sweet treat.

### Health Benefits of Energy Bites

- Steady energy:** A mix of complex carbs, protein, and healthy fats provides long-lasting fuel.
- Fiber-rich:** Oats, dates, and seeds help support healthy digestion.
- Heart health:** Nuts and seeds supply healthy fats that support cardiovascular health.
- Antioxidants:** Dark chocolate and fruits provide compounds that protect against cell damage.
- Portable & convenient:** Great for meal prep and snacking on the go.



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### Recipe

Adapted from <https://minimalistbaker.com/5-ingredient-peanut-butter-cup-energy-bites/>

**Prep time:** 15 minutes

#### Ingredients:

- 1 cup dates (pitted; if dry, soak in warm water for 10 minutes, then drain well)
- 3 Tbsp all-natural sunflower butter
- 1/4 cup dairy-free dark chocolate (roughly chopped)
- 1 Tbsp chia seeds (or sub flax or hemp seeds)
- 2/3 cup rolled oats (gluten-free as needed)

#### Instructions

1. Pulse pitted dates in a food processor or blender until they're in small pieces or it forms a ball (see photo).
2. Add oats, chocolate, chia seeds, and peanut butter and pulse or mix until combined. You want there to be consistently small pieces but not overly processed.
3. Carefully roll into 1-inch balls ( $\pm$  30 grams per ball), using the warmth of your hands to mold them together. Should yield 14-15 balls (amount as original recipe is written; adjust if altering batch size).
4. To set, pop in fridge or freezer for 15 minutes. Otherwise, eat as is! Will keep fresh in an air-tight bag or container for up to a week. Freeze for longer term storage.



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READ MORE ABOUT THE HEALTHY INGREDIENTS!

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## Health Benefits of Energy Bite Ingredients

Energy bites combine nutrient-dense foods like dates, oats, nut butters, and seeds, each bringing unique benefits:

- **Dates** – natural source of energy, fiber, and antioxidants.
- **Oats** – provide fiber to support digestion and help maintain steady energy.
- **Nut butters** – supply healthy fats, protein, and vitamin E for heart health.
- **Seeds (chia, flax, hemp)** – rich in omega-3 fatty acids, minerals, and additional fiber.
- **Dark chocolate** – provides antioxidants and can boost mood.

Together, these ingredients create a snack that supports sustained energy, satiety, and overall health.

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## Benefits of Energy Bites

Energy bites are a convenient and versatile snack option that make healthy eating simple and enjoyable:

- **Quick to prepare** – no baking required and ready in minutes.
- **Portable snack** – easy to take on the go for school, work, or workouts.
- **Customizable** – swap ingredients like nut butters, seeds, or fruits to fit tastes and dietary needs.
- **Balanced nutrition** – combines carbs, protein, and fats for steady energy.
- **Kid- and family-friendly** – tasty way to introduce healthy ingredients.

## A Guide to Making Energy Bites

1. **Choose fresh ingredients** – dates should be soft; nut butters natural and unsweetened.
2. **Balance flavors** – combine sweet (dates, chocolate) with nutty or seedy bases.
3. **Texture matters** – pulse in food processor until mixture sticks together but still has small chunks.
4. **Store properly** – refrigerate up to one week or freeze for longer shelf life.
5. **Experiment** – try different add-ins like coconut, dried fruit, or spices for variety.