

Choco Fever Dream

No Bake Energy Bites - Quick & Easy Snack

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

Ingredients

Main Ingredients

- [ ] 1 ½ cups rolled oats
- [ ] ½ cup almonds, chopped
- [ ] ¼ cup honey
- [ ] ¼ cup peanut butter (or almond butter)
- [ ] 2 tbsp dark chocolate chips
- [ ] 1 tbsp ground flaxseed
- [ ] ½ tsp vanilla extract
- [ ] Pinch of sea salt

Instructions

1. In a large bowl combine oats, chopped almonds, flaxseed, and a pinch of sea salt.
2. In a microwave-safe cup, gently heat honey and peanut butter together for about 20 seconds, then stir in vanilla until smooth.
3. Pour the warm honey-butter mixture over the dry ingredients and stir quickly until everything is evenly coated.
4. Add dark chocolate chips while the mixture is still warm and give it a gentle fold.
5. Let the mixture cool for a minute, then roll into 1-inch balls and place on a parchment-lined tray.
6. Refrigerate the bites for at least 10 minutes, then transfer to an airtight container.

Nutrition per serving

110 kcal	3 g	12 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too dry, add a teaspoon of extra honey or a splash of milk.
- For a spice twist, sprinkle a little cinnamon into the dry ingredients.
- These bites are great for packing in lunchboxes or taking on hikes.