



No Bake Protein Energy Bites

Servings: 4

Recipe courtesy of [Prescribe Nutrition](#)

What you'll need



measuring spoons



measuring cups



bowl



sheet pan

Ingredients

¼ cup honey (or maple syrup)

1 tsp cinnamon

1 tsp vanilla extract

½ tsp sea salt

1 cup old-fashioned rolled oats

½ cup hemp hearts (or coconut flakes)

⅓ cup mini chocolate chips (or raisins or dried cranberries)

½ cup creamy nut butter

Directions

1. Combine honey (¼ cup), cinnamon (1 tsp), salt (½ tsp), vanilla (1 tsp) and 3 Tbsp hot water in a medium bowl. Stir until smooth.
2. Add in oats (1 cup) and hemp (½ cup) and stir until well incorporated and let sit for 10 minutes.
3. Fold in mini chocolate chips (⅓ cup) (or dried fruit) and nut butter (½ cup) and stir thoroughly to combine.
4. Scoop mixture by the level Tbsp and roll into balls in between your palms. Place each ball on a plate or baking sheet and chill for 30+ minutes before enjoying.



Nutrition Facts

Servings 4

Amount Per Serving

Calories **395**

% Daily Value

Total Fat 20.9g **27%**

Saturated Fat 4.6g **23%**

Cholesterol 0mg **0%**

Sodium 279mg **12%**

Total Carbohydrate 40.9g **15%**

Dietary Fiber 5g **18%**

Sugars 21.5g

Protein 11.9g

Vitamin D 0mcg **0%**

Calcium 31mg **2%**

Iron 4mg **21%**

Potassium 100mg **2%**



Share your healthy eats
with us @Wellbeats

