

No-Bake 4-Ingredient Peanut Butter Energy Bites

No-Bake 4-Ingredient Peanut Butter Energy Bites are a quick, simple, make ahead snack for on the go!



5 from 25 votes

Prep Time

10 mins

Total Time

40 mins

Course: Breakfast, Snack Cuisine: American

Keyword: chocolate peanut butter energy balls, energy balls recipe, energy bites recipe, peanut butter oat energy bites

Servings: 16 balls Calories: 108kcal Author: Amanda Finks

Ingredients

- 1 1/2 cups old fashioned rolled oats
- 1/2 cup peanut butter
- 1/3 cup pure maple syrup
- 1/3 cup semi-sweet chocolate chips

Instructions

1. Add all of the ingredients to a large bowl. Mix together until well incorporated. Cover and chill in a refrigerator for at least 30 minutes.
2. Grab about a heaping tablespoon full of the mixture and press it into a ball with your palms. Repeat with the remaining oat mixture, making about 16 energy bites.
3. Store in a sealed container in the refrigerator.

Nutrition

Serving: 1ball | Calories: 108kcal | Carbohydrates: 12.3g | Protein: 2.9g | Fat: 5.6g | Saturated Fat: 1.4g | Fiber: 1.2g | Sugar: 6.9g

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