

# No Bake Energy Bites

## 5-Ingredient No-Bake Cookie

### Energy Bites

A deceptively wholesome take on no-bake cookies in energy bite form! Just 5 ingredients and 10 minutes required for these chocolaty, peanutty, naturally sweetened treats!

**Author** Minimalist Baker

PREP TIME	TOTAL TIME
10 minutes	10 minutes

**Servings** 12 (Energy bites)  
**Course** Dessert/Snack  
**Cuisine** Gluten-Free, Vegan  
**Freezer Friendly** 1 month  
**Does it keep?** 2 Weeks

### Ingredients

- 1 ¼ cup medjool dates (~14 dates as recipe is written, measured after pitting // if dry, soak in warm water for 15 minutes, then drain and pat dry)
- 1/4 cup organic cacao or cocoa powder (or sub carob for chocolate-free / caffeine-free)
- 2-3 Tbsp [peanut butter](#) (or sub other nut or seed butter — results may vary)
- 1/4 cup rolled oats (if grain-free, try subbing chopped roasted nuts like peanuts or almonds)
- 1 pinch sea salt (more or less depending on saltiness of your nut butter)
- 1/8 tsp vanilla extract (*optional*)

### Instructions

1. To a [food processor](#) add pitted dates, cocoa or cacao powder, peanut butter (or other nut/seed butter), rolled oats, salt, and vanilla (optional).
2. Note: If you don't have a food processor you can try using a blender, but dates can be tough for blenders due to their sticky nature, so use a low speed if possible and pulse rather than blending.
3. Pulse until the mixture is well blended and starts to clump together (~30 seconds - 1 minute). If it's too dry or crumbly and it doesn't stick together when pressed between two fingers, add more nut butter or pitted dates (just ensure your dates are sticky and fresh, or it will only further dry out the mixture.)
4. Scoop out 1 ½ Tbsp amounts (we love [this scoop](#)) and gently roll into balls. As the original recipe is written, ~12 balls.
5. Enjoy immediately or store leftovers covered in the refrigerator up to 2 weeks, or in the freezer up to 1 month. Let come close to room temperature before enjoying for best texture (in our opinion). Top with extra peanut butter for a "frosting" effect. You probably won't regret it.

