

# 10 HEALTHY ENERGY BITES

*feel great in 8*



# Coconut Lime Energy Bites

## Ingredients:

1 cup raw cashews

1 cup dates\*

3/4 cup unsweetened coconut, divided

juice and zest from 1 lime (2 tablespoons juice & 1 tablespoon zest)

\* If dates are dry, soak in warm water first.



## Directions:

1. Put the cashews in a food processor and process until mostly broken down. Add the dates and process until they come together to form a dough.
2. Add 1/2 cup of the coconut and the lime juice and zest and process until well mixed.
3. Scoop out heaping teaspoons of dough and form into balls. Roll each ball in remaining coconut.
4. Store in an airtight container in the fridge.

## Nutrition Info:

1 small bite/recipe makes 36 servings

46 calories, 2g fat, 6g carb, 1g fiber, 4g sugar, 1g protein, 1mg sodium

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# Extra Protein Energy Bites

## Ingredients:

2 scoops/servings protein powder  
1 cup almond flour  
1/2 cup almond butter or natural peanut butter  
3-4 tablespoons honey or pure maple syrup  
1/4 cup dark chocolate chips, optional (70% cocoa or higher)

## Directions:

1. Mix all ingredients well until you get a cookie dough texture. If dough is too dry, add more almond butter until desired texture is reached.
2. Scoop heaping teaspoons and roll into balls.
3. Store in an airtight container in the refrigerator.

## Nutrition Info:

1 small bite/recipe makes 36 servings  
57 calories, 4g fat, 4g carb, 1g fiber, 3g sugar, 2g protein, 12mg sodium



# Pumpkin Pie Energy Bites

## Ingredients:

2 cups pitted dates\*  
2 cups old fashioned oats  
1/2 cup pumpkin puree  
2 tablespoons pure maple syrup  
1/2 cup pecan halves  
1 tablespoon chia seeds  
1 tablespoon flaxseeds  
1 tablespoon pumpkin pie spice  
2 teaspoons pure vanilla extract  
1/4 teaspoon salt



\*If the dates are dry or hard, let them soak in hot water for 10 minutes, then drain and pat dry.

## Directions:

1. Put dates in a 14 cup food processor (You'll need a large capacity food processor for this recipe. If you don't have one that big, just cut the recipe in half). Pulse dates until they are in small pieces and start to form a ball.
2. Add the oats, pumpkin, maple syrup, pecans, chia seeds, flaxseeds, pumpkin pie spice, vanilla extract and salt. Pulse to combine.
3. Transfer mixture to a bowl. Cover and refrigerate for 30-45 minutes. Scoop heaping teaspoons of the dough and roll into balls.
4. Store in an airtight container in the refrigerator. These also freeze beautifully.

## Nutrition Info:

1 small bite/recipe makes 48 servings  
48 calories, 1g fat, 9g carb, 1g fiber, 6g sugar, 1g protein, 12mg sodium

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# Lemon Blueberry Energy Bites

## Ingredients:

1 cup sliced almonds  
zest and juice of 1 lemon  
1/4 cup honey  
1 cup old fashioned oats  
1/4 cup chia seeds  
1/2 cup dried blueberries

## Directions:

1. In a food processor, process almonds, lemon zest, juice and honey until smooth.
2. Add in half of the oats and the chia seeds and process again until smooth.
3. Move mixture to a bowl and stir in remaining oats and blueberries. Stir until combined.
4. Scoop heaping teaspoons and roll into balls.
5. Store in the refrigerator for 1-2 weeks or freeze for up to 6 months.

## Nutrition Info:

1 small bite/recipe makes 48 servings  
39 calories, 2g fat, 5g carb, 1g fiber, 2g sugar, 1g protein

# Double Chocolate Energy Bites

## Ingredients:

1 cup old fashioned oats, divided  
1/3 cup chia seeds  
1/3 cup flax seeds  
1/3 cup whole almonds  
2 tablespoons unsweetened cocoa powder  
1 cup mini chocolate chips, divided  
1/2 cup natural peanut butter  
1/3 cup honey  
1 teaspoon vanilla



## Directions:

1. In a blender or food processor combine 1/2 cup oats, chia seeds, flax seeds, almonds, cocoa powder and 1/2 cup chocolate chips. Blend until mixed into a course flour texture.
2. In a large bowl or a stand mixer combine the flour mixture with the peanut butter, honey, and vanilla. Mix well and then add in the remaining 1/2 cup of oats and 1/2 cup chocolate chips. Stir gently until combined.
3. Use a heaping teaspoon measuring spoon to scoop out each serving and form into a ball.
4. Store bites in an airtight container in the refrigerator for up to a few weeks.

## Nutrition Info:

1 small bite/recipe makes 48 servings  
46 calories, 2g fat, 5g carb, 1g fiber, 2g sugar, 2g protein, 9mg sodium

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# Cake Batter Energy Bites

## Ingredients:

1/2 cup unsweetened shredded coconut  
1 cup pitted dates  
1 cup unsalted cashews  
pinch of sea salt  
2 tsp vanilla extract  
1 scoop vanilla whey protein powder

\*If the dates are dry or hard, let them soak in hot water for 10 minutes, then drain and pat dry.

## Directions:

1. Add coconut to food processor and process for 5 mins, scraping down the sides as needed.
2. Add in dates in process until broken up into pea-sized bits.
3. Add in cashews, sea salt, vanilla extract and whey protein. Process until all ingredients come together. Mixture is done when you can roll dough into balls and they hold their shape.
4. Scoop out heaping teaspoons and roll into small balls.
5. Store bites in an airtight container in the refrigerator for up to a few weeks.

## Nutrition Info:

1 small bite/recipe makes 48 servings  
35 calories, 2g fat, 4g carb, 1g fiber, 3g sugar, 1g protein

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# Chocolate Peanut Butter Energy Bites

## Ingredients:

1 cup old fashioned oats  
1/3 cup chia seeds  
1/2 cup flax seeds  
1/3 cup almonds  
1.5 oz dark chocolate (70% cocoa or more)  
1/2 cup natural peanut butter  
1/3 cup honey  
1 tsp vanilla



## Directions:

1. Grind oats, chia seeds, flax seeds, almonds, and dark chocolate in a blender until they have a flour like texture.
2. In a medium bowl or stand mixer, combine the wet and powdered ingredients.
3. Mix well and then use a heaping 1 teaspoon measuring spoon to scoop out each serving and form into a ball.
4. Store uneaten bites in a sealed container in the refrigerator of up to a few weeks.

## Nutrition Info:

1 small bite/recipe makes 48 servings  
41 calories, 2g fat, 4g carb, 1g fiber, 2g protein

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# Chocolate Chip Banana Bread Energy Bites

## Ingredients:

2 c. quick oats  
2 ripe bananas  
2/3 c. unsweetened shredded coconut  
1/2 c. natural peanut butter  
2 Tbsp flaxseed  
1 Tbsp chia seed  
1 tsp cinnamon  
1 tsp vanilla  
1 Tbsp honey  
1/2 c. mini dark chocolate chips (70% cocoa)

## Directions:

1. Add all ingredients to a large mixing bowl and mix well. Refrigerate for 1 hour.
2. Scoop out heaping teaspoons and roll into small balls.
5. Store bites in an airtight container in the refrigerator for up to a few weeks.

## Nutrition Info:

1 small bite/recipe makes 48 servings  
62 calories, 4g fat, 6g carb, 2g fiber, 2g sugar, 2g protein

# Apple Cinnamon Energy Bites

## Ingredients:

2 cups old-fashioned oats  
1 teaspoon cinnamon  
1/2 teaspoon apple pie spice  
1/2 cup creamy natural peanut butter  
1/4 cup honey  
1 teaspoon vanilla extract  
pinch of salt  
1 cup (not packed) grated apple

## Directions:

1. Combine all of the ingredients in a large bowl and mix until well combined.
2. Scoop out heaping teaspoons and roll into small balls.
3. Place in a well sealed container in the refrigerator until ready to eat. Bites should keep up to 1 week.

## Nutrition Info:

1 small bite/recipe makes 48 servings  
38 calories, 2g fat, 5g carb, 1g fiber, 2g sugar, 1g protein

# Sweet & Salty Energy Bites

## Ingredients:

1 cup old fashioned oats  
2/3 cup unsweetened toasted coconut flakes  
2/3 cup roughly-chopped dry roasted almonds  
1/2 cup almond butter  
1/2 cup ground flax seed  
1/3 cup honey  
1 teaspoon vanilla extract  
1/4 teaspoon sea salt

## Directions:

1. Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour.
2. Once chilled, scoop out heaping teaspoons and roll into small balls.
3. Store in an airtight container and keep refrigerated for up to 1 week.

## Nutrition Info:

1 small bite/recipe makes 48 servings  
51 calories, 3g fat, 5g carb, 1g fiber, 2g sugar, 1g protein