

almond joy energy bites

MAKES 40 bites

RECIPE FROM: [The Healthy Maven](#)

PREP TIME: 10 to 15 minutes

2 cups pitted dates

2 cups almonds

¼ cup unsweetened cocoa powder

¾ cup unsweetened coconut flakes, divided

¼ tsp sea salt

½ tsp vanilla

1-2 Tbsp water



RESERVE ½ cup coconut flakes for rolling.

COMBINE the remaining coconut flakes, 1 Tbsp water, and other ingredients in a food processor and process until it forms a thick paste.

ADD an additional tablespoon of water if the mixture isn't coming together.

USING about a tablespoon of the mixture, roll into bite-sized balls.

ROLL each ball into the reserved coconut flakes.

STORE in a sealed container in the fridge for up to a week, or in the freezer for an even longer shelf life.

ENJOY 1-2 bites for a snack or sweet treat.

blueberry oat coconut bites

Makes approximately 2 dozen bites

PREP TIME: 10 minutes

1 cup rolled oats

1 cup frozen blueberries

1 Tbsp nut butter

1/3 cup unsweetened shredded coconut

ADD oats, blueberries and nut butter to a food processor or blender.

MIX until combined and a thick paste forms.

STIR in coconut.

FORM into small bite-sized balls.

ROLL in extra coconut, if desired.

STORE in a sealed container in the fridge for up to a week, or in the freezer for an even longer shelf-life.

ENJOY 1-2 bites for a snack or sweet treat.



cinnamon caramel apple energy bites

MAKES 16 bites

RECIPE FROM: [Cupcakes and Kale Chips](#)

PREP TIME: 10 to 15 minutes

½ cup pitted dates

1 cup dried apples (not freeze dried) with no added sugar

½ cup chopped almonds or unsweetened shredded coconut

½ tsp cinnamon

COMBINE all of the ingredients in a food processor and process until it forms a thick paste.

USING about a tablespoon of the mixture, roll into bite-sized balls.

STORE in a sealed container in the fridge for up to a week, or in the freezer for an even longer shelf life.

ENJOY 1-2 bites for a snack or sweet treat.



date energy bites

MAKES 24-32 bite-sized treats

RECIPE FROM: [Detoxinista](#)

PREP TIME: 10 to 15 minutes

2 cups cashews, or other nut/seed of choice

1 cup shredded unsweetened coconut

2 cups soft Medjool dates, pitted

2 Tbsp coconut oil, melted

½ tsp sea salt

1 tsp vanilla extract

For a gourmet-looking truffle, roll in shredded coconut or cocoa powder before chilling!



PROCESS the walnuts and coconut in a large food processor fitted with an "S" blade until crumbly.

ADD in the dates, coconut oil, vanilla and sea salt and process again until a sticky, uniform batter is formed.

SCOOP the dough by heaping tablespoons, then roll between your hands to form bite-sized balls.

ARRANGE them on a baking sheet lined with parchment paper, then place in the freezer to set for at least an hour before serving.

STORE in a sealed container in the fridge for up to a week, or in the freezer for an even longer shelf life.

ENJOY 1-2 bites for a snack or sweet treat.

paleo energy bites

MAKES 30 bite-sized treats

RECIPE FROM: [The Nourishing Gourmet](#)

PREP TIME: 10 to 15 minutes

20 Medjool dates, pitted and softened
(steamed in a colander over a pot of water)

1 cup sunflower seeds

½ cup pumpkin seeds

½ cup shredded coconut

½ tsp ground cinnamon

¼ tsp sea salt

Optional: ½ cup raisins

ADD softened dates to a food processor and process until macerated.

ADD sunflower seeds and pumpkin seeds and pulse until well chopped.

ADD coconut, cinnamon and sea salt and pulse to combine, scraping down sides as needed. If too sticky, add additional coconut one tablespoon at a time.

ADD raisins, if using, and pulse just enough to mix them in.

LINE a dish or baking sheet with parchment paper.

SCOOP out mixture and roll into bite-sized balls.

REFRIGERATE for 30 minutes to set.

STORE in a sealed container in the fridge for up to a week, or in the freezer for an even longer shelf life.

ENJOY 1-2 bites for a snack or sweet treat.

no-bake “sugar” cookie energy bites

MAKES 40 bites

RECIPE FROM: [Better with Cake](#)

PREP TIME: 10 to 15 minutes

1 cup cashews

6 Medjool dates, pitted

1 tsp vanilla extract

Pinch of salt

PLACE cashews in a food processor or blender and pulse until crumbly. You want there to still be a few bigger chunks to give the bites some nice texture.

ADD dates and pulse until the mixture starts to come together into a sticky, loose “dough.”

ADD vanilla extract and salt and pulse again until combined.

USING your hands, roll approximately 1 heaping teaspoon of cookie dough into little bite-sized balls.

STORE in a sealed container in the fridge for up to a week, or in the freezer for an even longer shelf life.

ENJOY 1-2 bites for a snack or sweet treat.