



Snickerdoodle Energy Bites

RECIPE MAKES 12-16

SERVING SIZE = 1

NUTRITION INFORMATION

Calories: 160

Total Fat: 7 g

Saturated Fat: 3 g

Cholesterol: 0 mg

Sodium: 21 mg

Total Carbohydrate: 17 g

Fiber: 4 g

Sugars: 7 g

Protein: 4 g

Marion County Public Health Department

NUTRITION SERVICES



Snickerdoodle Energy Bites

Looking for ways to add more energy-filled snacks to your diet? These snickerdoodle bites are delicious, nutritious, and will give you an energy boost during busy days of the week!

INGREDIENTS

1.5 cups old fashioned oats

1/2 cup dry pitted dates

1/3 cup almond butter

1/4 cup ground flaxseeds

2 tablespoons melted coconut oil

1 tablespoon honey

1.5 teaspoon ground cinnamon

1 teaspoon vanilla extract

Cinnamon sugar coating:

1 tablespoon sugar

1/2 teaspoon ground cinnamon

DIRECTIONS

To a food processor add regular oats, dates, almond butter, ground flaxseed, ground cinnamon and vanilla extract. Blend until finely diced.

Add melted coconut oil, honey and water. Blend until the mixture starts to get sticky like cookie dough. If needed, add more water to make them bind together.

Roll into 1 inch balls and place on parchment paper.

To a small bowl add sugar and 1/2 teaspoon of cinnamon. Mix together.

Roll the energy balls in cinnamon sugar mixture.

Eat right away or store in Ziplock bag or airtight container in the refrigerator for 30 minutes or until ready to eat.

RECIPE NOTES

These snickerdoodle bites are a great snack to prep for the week, or for the whole month. They can be refrigerated for up to 3-5 days or stored in the freezer for up to 30 days. If frozen, allow bites to thaw in the refrigerator at least 3 hours prior to eating them.

If you would like to speak to a dietitian or are interested in nutrition programming, call: 317-221-7512 or 317-221-7403.