


BROWNIE ENERGY BITES - NO BAKE, HEALTHY, DELICIOUS!

 16-18 Balls

 30 Minutes

THESE ARE NO-BAKE, NUT-FREE BROWNIE ENERGY BALLS MADE WITH OATS, DATES, COCOA, AND SUNFLOWER SEED BUTTER FOR A QUICK SWEET SNACK WITH FIBER, HEALTHY FATS, AND STEADY ENERGY. THIS RECIPE MAKES AROUND 16 TO 18 ENERGY BALLS AND TAKES ABOUT 30 MINUTES IN TOTAL!

INGREDIENTS

- 1 cup old-fashioned oats
- 1 cup pitted Medjool dates, packed
- 1/4 cup unsweetened cocoa powder
- 1/4 cup sunflower seed butter
- 2 tablespoons maple syrup
- 1 tablespoon chia seeds
- 1 tablespoon ground flaxseed
- 1 teaspoon vanilla extract
- 1/4 teaspoon sea salt
- 1 to 2 tablespoons water, only if needed
- 1/4 cup mini chocolate chips, optional
- 2 tablespoons hemp hearts, optional for extra protein

DIRECTIONS

1. Add the oats, dates, cocoa powder, sunflower seed butter, maple syrup, chia seeds, flaxseed, vanilla, and sea salt to a food processor.
2. Pulse until the mixture looks crumbly but starts to stick together when pressed between your fingers.
3. If the mixture feels too dry, add 1 tablespoon of water at a time until it holds together.
4. Stir in mini chocolate chips and hemp hearts if using.
5. Roll into 1-inch balls.
6. Place on a parchment-lined plate or tray and refrigerate for at least 20 minutes.
7. Store in an airtight container in the refrigerator for up to 1 week, or freeze for up to 2 months.

ADD-INS

For more protein: add 1 scoop chocolate protein powder and 1 to 2 extra tablespoons of water.

For more fiber: add an extra tablespoon of chia or flax.

For a richer brownie flavor: add 1/2 teaspoon espresso powder.

For coconut flavor: roll the balls in unsweetened shredded coconut.