No-Bake Gingerbread Energy Bites

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes
Yield: 10 servings | Serving Size: 2 energy bites

Ingredients

1 cup old fashioned (rolled) oats
½ cup almond meal or almond flour
2 teaspoons ground cinnamon
1 teaspoon ground ginger
⅛ teaspoon ground nutmeg
⅛ teaspoon ground cloves
1½ cups roughly chopped pitted dates, packed
2 tablespoons honey
2 teaspoons vanilla extract

Directions

1. Add the oats, almond meal, cinnamon, ginger, nutmeg, and clove to a food processor. Pulse until the mixture is a fine texture like flour.
2. Add the dates, honey, and vanilla. Pulse until the mixture comes together.
3. Use a small scoop or spoon (about a tablespoon) to portion the mixture out, then roll the mixture into balls.
4. Serve right away, or chill before serving.

Recipe Notes

• Store in an airtight container in the refrigerator for up to 2 weeks, or freeze for up to 1 year.
• Nuts or seeds can be substituted for the almond meal, if desired. Add to the food processor first and pulse until finely ground.
• Try new flavors by changing the flavor of extract used (e.g. almond extract, orange extract) or the spices used (e.g. pumpkin pie spice, apple pie spice).