



Hungry Hobby

7 Healthy Energy Balls Recipes

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<https://hungryhobby.net/meal-plans>

Welcome friends! Love to snack? Me too!

These days my life is whatever I can grab without the little one seeing me eat it type of snack. That's why I love energy balls as snacks – endless flavor combinations, portable, and easy to eat with little evidence.

These healthy energy balls are filled with good for you ingredients like nuts, seeds, dried fruit, flax, dates, and more. They are the perfect afternoon pick me up or anytime snack! Enjoy!

Also, be sure to check out:

50 Superbowl snacks that score: <https://hungryhobby.net/super-bowl-snacks/>

Healthy Muffin Recipe Round-Up:

<https://hungryhobby.net/healthy-muffin-recipe-round-up/>

20+ New Ways To Eat Cottage Cheese:

<https://hungryhobby.net/cottage-cheese/>



Coconut Banana Energy Bites

12 servings

30 minutes

Ingredients

2 cups Unsweetened Coconut Flakes
 1 Banana (small, very ripe)
 1 tbsp Coconut Oil
 1/3 cup Coconut Flour
 3/4 oz Collagen Powder
 3/4 tsp Cinnamon
 1/4 tsp Ginger
 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	127
Fat	10g
Carbs	8g
Fiber	3g
Sugar	2g
Protein	3g
Cholesterol	0mg
Sodium	64mg
Potassium	36mg
Vitamin A	7IU
Vitamin C	1mg
Calcium	3mg
Iron	1mg
Vitamin D	0IU

Directions

- 1 Preheat the oven to 350°F (176°C) and arrange coconut flakes on a baking sheet. Bake for 8 to 10 minutes until golden brown and fragrant. Let cool.
- 2 Add toasted coconut flakes to a food processor and blend until a fine, moist crumb forms. Add the remaining ingredients to the food processor and blend until a ball of dough forms. If a ball hasn't formed, add an additional tablespoon of coconut flour and continue blending.
- 3 Scoop a tablespoon of dough out at a time and roll into a ball. Place rolled balls on a plate or in a container and place in the fridge to set for approximately 20 minutes. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size, One serving is equal to one ball.

More Flavor, Add your favorite baking spices like nutmeg, clove, or vanilla extract.

Additional Toppings, Press the rolled balls into a mixture of shredded coconut, coconut sugar and cinnamon for an extra sweet treat.

Make It Vegan, Omit the collagen powder and substitute extra coconut flour instead.



Cinnamon Ginger Energy Balls

12 servings

15 minutes

Ingredients

3/4 cup Pitted Dates
1/2 cup Almonds (raw)
1/4 cup Cashews (raw)
1/2 tsp Cinnamon (ground)
1/4 tsp Ground Ginger
1/2 tsp Vanilla Extract
1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	78
Fat	4g
Carbs	9g
Fiber	2g
Sugar	6g
Protein	2g
Cholesterol	0mg
Sodium	50mg
Potassium	121mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	22mg
Iron	1mg
Vitamin D	0IU

Directions

- 1 Add the dates, almonds, cashews, cinnamon, ginger, vanilla and sea salt to a food processor and blend until well mixed and sticky.
- 2 Transfer to a medium-size mixing bowl. Form into even balls with your hands and store in the fridge or freezer until ready to enjoy.

Notes

Serving Size, One serving is equal to one ball.

Leftovers, Store in an airtight container in the fridge up to one week. Store in the freezer for longer.



Honey Oatmeal Protein Balls

16 servings

10 minutes

Ingredients

3 servings Collagen Powder (6 scoops)
6 ozs Walnuts
1 cup Oats
1/4 cup Honey

Nutrition

Amount per serving	
Calories	117
Fat	7g
Carbs	9g
Fiber	1g
Sugar	4g
Protein	6g
Cholesterol	0mg
Sodium	1mg
Potassium	65mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	13mg
Iron	1mg
Vitamin D	0IU

Directions

- 1 Combine all ingredients in a food processor until they stick together.
- 2 Use a cookie scoop to portion out 14-16 protein balls.
- 3 Store in refrigerator up to one week. You can freeze them and take them out of the freezer as needed as well!

Notes

No Collagen? Use plain protein powder.

No honey? Use brown rice syrup but don't sub maple syrup or other liquid sweetener because they won't hold together.

No walnuts? Sub almonds, cashews, or peanuts.



Chocolate Chip Cookie Dough Energy Bites

18 servings

10 minutes

Ingredients

- 1 cup Cashew Butter (I used salted* see notes)
- 1 1/2 cups Oats
- 1 tbsp Maple Syrup
- 1/4 cup Vanilla Protein Powder
- 1/3 cup Organic Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	146
Fat	9g
Carbs	12g
Fiber	1g
Sugar	4g
Protein	4g
Cholesterol	0mg
Sodium	44mg
Potassium	97mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	20mg
Iron	1mg
Vitamin D	0IU

Directions

- 1 Combine cashew butter, rolled oats, maple syrup, and protein powder in a food processor.
- 2 Fold in chocolate chips.
- 3 Using a cookie scoop, portion out balls into 2 tablespoons each. Roll them into bites! Store in the refrigerator for as long as the cashew butter will be good for!



Cinnamon Protein Energy Bites

14 servings

35 minutes

Ingredients

1/3 cup Oats (quick)
 1/4 cup Oat Flour
 1/4 cup Vanilla Protein Powder
 1/4 cup Ground Flax Seed
 2 tbsps Chia Seeds
 1 1/2 tps Cinnamon
 1/2 cup Almond Butter
 1/4 cup Maple Syrup
 1 tbsp Unsweetened Almond Milk
 (optional; if needed)

Nutrition

Amount per serving	
Calories	111
Fat	7g
Carbs	10g
Fiber	2g
Sugar	4g
Protein	5g
Cholesterol	0mg
Sodium	5mg
Potassium	108mg
Vitamin A	3IU
Vitamin C	0mg
Calcium	64mg
Iron	1mg
Vitamin D	0IU

Directions

- 1 In a large mixing bowl combine quick oats, oat flour, protein powder, ground flax, chia seeds and cinnamon. Fold in the almond butter and maple syrup until a thick dough forms. If it is too thick to work with, add the almond milk.
- 2 Use a tablespoon to scoop out dough and roll into balls, approximately 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

Notes

Storage, Keep energy bites in the fridge for up to seven days or freezer for up to three months. Always serve chilled.

Serving Size, One serving is equal to one ball.

Nut-Free, Use sunflower seed butter or pumpkin seed butter instead of almond butter. Use coconut milk instead of almond milk.

Protein Powder, This recipe was developed and tested using a plant-based protein powder.

No Maple Syrup, Use honey instead.

Gluten-Free, Use certified gluten-free quick oats.

No Quick Oats, For best results, these balls need a smaller oat-texture. If you substitute with rolled oats, pulse a few times in a food processor to chop them into a quick oats texture.

No Protein Powder, Use more oat flour instead.



Chocolate Peanut Butter Energy Bites

16 servings

15 minutes

Ingredients

1 cup Quick Oats
 1/2 cup Ground Flax Seed
 3 tbsps Cacao Powder
 1/4 tsp Sea Salt
 1/2 cup All Natural Peanut Butter
 1/3 cup Maple Syrup
 1 tbsps Unsweetened Almond Milk
 (optional)

Nutrition

Amount per serving	
Calories	108
Fat	6g
Carbs	11g
Fiber	2g
Sugar	5g
Protein	3g
Cholesterol	0mg
Sodium	40mg
Potassium	85mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	19mg
Iron	1mg
Vitamin D	0IU

Directions

- 1 In a large mixing bowl combine oats, flax, cacao powder, sea salt, peanut butter and maple syrup. Add almond milk if the dough is too thick and sticky.
- 2 Roll the dough into balls about 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

Notes

Storage, Store in an airtight container in the fridge for seven days or in the freezer for longer. Always serve chilled.

Serving Size, One serving is equal to one ball.

Gluten-Free, Use certified gluten-free oats.

Nut-Free, Use sunflower seed butter instead.

More Flavor, Add vanilla extract.

No Maple Syrup, Use honey instead.

No Quick Oats, For best results, these balls need a smaller oat-texture. If you substitute with rolled oats, pulse a few times in a food processor to chop them up into a quick oats texture.



Double Chocolate Mint Energy Balls

6 servings

15 minutes

Ingredients

1/2 cup Pitted Dates
1/2 cup Almonds (raw)
2 tbsps Cacao Powder
1 tbsp Cacao Nibs
1/8 tsp Sea Salt
1/2 tsp Peppermint Extract
1 tbsp Water

Nutrition

Amount per serving	
Calories	124
Fat	7g
Carbs	13g
Fiber	4g
Sugar	8g
Protein	3g
Cholesterol	0mg
Sodium	50mg
Potassium	215mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	41mg
Iron	1mg
Vitamin D	0IU

Directions

- 1 Add the dates, almonds, cacao powder, cacao nibs, sea salt and peppermint extract to the bowl of a food processor. While the food processor is running stream in the water. Run the food processor until the date mixture forms a ball.
- 2 Form the mixture into small balls with your hands and enjoy!

Notes

No Almonds, Use raw cashews instead.

Serving Size, One serving is equal to two balls.

Storage, Store in the fridge up to five days, or in the freezer for up to three months.