

No Bake Oatmeal Energy Balls

yield: 18 (1-INCH) BALLS, APPROX. prep time: 10 MINS total time: 40 MINS

The only Energy Ball recipe you'll ever need, plus six no-bake energy ball flavors! Start with this easy base recipe, then add any of your favorite mix-ins.

INGREDIENTS

ENERGY BALL BASE:

- 1 1/4 cups [Bob's Red Mill Gluten Free Rolled Oats](#) — you can also swap quick oats or a blend of half quick, half old fashioned
- 2 tablespoons "power mix-ins" — [chia seeds](#), [flaxseeds](#), [hemp seeds](#), or additional rolled oats
- 1/2 cup nut butter of choice — peanut butter is my go-to but you can use sunflower butter (nut free) or pureed pitted dates (nut free)
- 1/3 cup sticky liquid sweetener of choice — honey or maple syrup
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon kosher salt
- 1/2 cup mix-ins — see below for flavor options

CLASSIC CHOCOLATE CHIP:

- Any nut butter — honey, 1/2 cup chocolate chips

TRAIL MIX:

- Peanut butter — honey, 3 tablespoons chocolate chips, 3 tablespoons chopped peanuts, 2 tablespoons raisins

WHITE CHOCOLATE CRANBERRY:

- Almond butter — or cashew butter, honey, 1/4 cup dried cranberries, 1/4 cup white chocolate chips

ALMOND JOY:

- Replace 1/2 cup of the oatmeal with 1/2 cup unsweetened coconut flakes — almond butter, any sweetener, 1/4 cup chocolate chips, 1/4 cup chopped almonds

DOUBLE CHOCOLATE:

- Any nut butter — any sweetener, 1/2 cup mini chocolate chips, ADD 2 tablespoons cocoa powder

OATMEAL RAISIN COOKIE:

- Almond butter — or cashew butter, maple syrup, 1/2 cup raisins, ADD 1/4 teaspoon cinnamon

INSTRUCTIONS

1. Place all of the ingredients in a large mixing bowl: oats, power mix-ins, nut butter, sweetener, vanilla extract, salt, mix-ins, and any other spices you'd like to add. Stir to combine. If the mixture seems too wet, add a bit more oats. If it's too dry, add a bit more nut butter. It should resemble a somewhat sticky dough that holds together when lightly squeezed. Place the bowl in the refrigerator for 30 minutes to set (this will make the balls easier to roll later on).
2. Remove the bowl from the refrigerator and portion the dough into balls of desired size. I use a cookie scoop or tablespoon. Enjoy!

RECIPE NOTES

- Store leftover energy balls in an airtight container in the refrigerator for up to 2 weeks or freeze for up to 3 months.
- For nut allergies: In place of the almond or peanut butter, try sunflower seed butter or pureed pitted dates

Other recipe links:

<https://www.momontimeout.com/easy-chicken-stir-fry-recipe/>

<https://kalynskitchen.com/roasted-sweet-potatoes-sausage-and-broccoli-sheet-pan-meal/>

<https://www.foodnetwork.com/recipes/giada-de-laurentiis/orecchiette-with-mini-chicken-meatballs-recipe-1939613>

Chicken marinades

<https://www.gimmesomeoven.com/easy-chicken-marinade-recipes/>

<https://www.gimmesomeoven.com/baked-chicken-breast/>