



Healthdor

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Energy Bites

These energy bites are a nutritious and delicious snack that can be enjoyed by vegans and non-vegans alike. They are made with wholesome ingredients and are perfect for a quick boost of energy.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 300 grams

Number of Servings: 10

Serving Size: 30 g

Ingredients

200 g	Dates
100 g	almonds
50 g	Coconut Flakes
20 g	cocoa powder
20 g	Chia Seeds

1 tsp vanilla extract

30 ml Water

Directions

Step 1

Blending

In a food processor, blend the dates, almonds, coconut flakes, cocoa powder, chia seeds, vanilla extract, and water until well combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Roll the mixture into small bite-sized balls.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Refrigerating

Place the energy bites in the refrigerator for at least 1 hour to firm up.

Prep Time: 60 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 7 g

Protein: 4 g

Carbohydrates: 19 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	19 g	34.55%	38%
Fibers	4 g	10.53%	16%
Sugars	12 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	7 g	25%	28%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	5 mg	0.22%	0.22%
Calcium	6 mg	0.6%	0.6%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	8 mg	100%	44.44%
Potassium	210 mg	6.18%	8.08%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Course

Salads Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter
Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50

Meal Type

Snack Supper

Difficulty Level

Easy

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