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## Honey Almond Energy Bites ♦♦

Honey Almond Energy Bites are a nutritious and delicious snack that provide a boost of energy. These bite-sized treats are made with wholesome ingredients like almonds, honey, oats, and chia seeds. They are perfect for on-the-go snacking or as a pre-workout fuel. Enjoy these vegan and gluten-free energy bites for a quick and healthy pick-me-up!

**Recipe Type:** Vegan

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 10

**Serving Size:** 20 g

### Ingredients

150 g	almonds
50 g	honey
100 g	Oats
30 g	Chia Seeds

# Directions

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## Step 1

Blending

In a food processor, blend the almonds until finely chopped.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

Blending

Add the honey, oats, and chia seeds to the food processor. Pulse until well combined.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

Scoop the mixture and roll into bite-sized balls.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 4

Refrigerating

Place the energy bites in an airtight container and refrigerate for at least 1 hour before serving.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 120 kcal

**Fat:** 9 g

**Protein:** 4 g

**Carbohydrates:** 10 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	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	9 g	32.14%	36%
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	15 mg	100%	100%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	150 mg	4.41%	5.77%
Zinc	6 mg	54.55%	75%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

## Diet

Anti-Inflammatory Diet

## Course

Snacks

Sauces & Dressings

Salads

## Meal Type

Snack

Supper

## Difficulty Level

Medium

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