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[PB & Dates Energy Bites](#) ♦

These PB & Dates Energy Bites are a delicious and nutritious snack. They are made with natural ingredients and are perfect for a quick energy boost. The combination of peanut butter and dates provides a great source of protein, fiber, and healthy fats. These energy bites are vegan and gluten-free.

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

120 g	Peanut Butter
200 g	Dates
80 g	Oats
20 g	Chia Seeds
1 tsp	vanilla extract

30 g Coconut Flakes

Directions

Step 1

Blending

In a food processor, combine peanut butter, dates, oats, chia seeds, and vanilla extract. Process until well combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Roll the mixture into small balls and coat them with coconut flakes.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	5 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	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%

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

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	150 mg	4.41%	5.77%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Course

Sauces & Dressings

Snacks

Salads

Appetizers

Desserts

Drinks

Nutritional Content

Low Calorie

High Protein

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Events

Game Day

Diet

Raw Food Diet

Vegan Diet

Kitchen Tools

Blender

Mixer

Stove

Meal Type

Snack

Supper

Difficulty Level

Medium

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