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Dark Chocolate Peanut Butter Energy Bites

These Dark Chocolate Peanut Butter Energy Bites are a delicious and nutritious snack that will give you a boost of energy. They are made with dark chocolate, peanut butter, oats, honey, and flaxseed. These bites are perfect for a quick breakfast or an afternoon pick-me-up. They are packed with protein, fiber, and healthy fats, making them a great option for a pre-workout snack. The combination of dark chocolate and peanut butter is a classic and always a crowd-pleaser.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 10

Serving Size: 20 g

Ingredients

100 g dark chocolate chips

100 g creamy peanut butter

100 g	old-fashioned oats
50 g	Honey
50 g	ground flaxseed

Directions

Step 1

Microwaving

In a microwave-safe bowl, melt the dark chocolate chips in 30-second intervals, stirring in between, until fully melted.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Mixing

In a separate bowl, combine the peanut butter, oats, honey, and ground flaxseed. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stirring

Pour the melted chocolate into the peanut butter mixture. Stir until fully combined.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Using a tablespoon or a cookie scoop, portion the mixture into small balls and place them on a baking sheet lined with parchment paper.

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Refrigerating

Refrigerate the energy bites for at least 1 hour, or until firm.

Prep Time: 3 mins

Cook Time: 0 mins

Step 6

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 13 g

Protein: 5 g

Carbohydrates: 17 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	17 g	30.91%	34%
Fibers	3 g	7.89%	12%
Sugars	9 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	7 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	13 g	46.43%	52%
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	20 mg	0.87%	0.87%
Calcium	2 mg	0.2%	0.2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	6 mg	75%	33.33%
Potassium	140 mg	4.12%	5.38%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Snack Supper

Difficulty Level

Easy

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