



Healthdor

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No-Bake Cookie Dough Energy Bites

No-Bake Cookie Dough Energy Bites are a healthy and delicious snack packed with energy. They are made with raw cookie dough, which is safe to eat, and are perfect for those looking for a quick and easy treat.

Recipe Type: Vegetarian

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	Oats
100 g	peanut butter
50 g	honey
50 g	chocolate chips

1 tsp	vanilla extract
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1 tsp	salt
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Directions

Step 1

In a large mixing bowl, combine oats, peanut butter, honey, chocolate chips, vanilla extract, and salt.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Stirring

Mix well until all the ingredients are fully combined.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Using your hands, roll the mixture into small bite-sized balls.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Place the energy bites on a baking sheet lined with parchment paper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Refrigerating

Refrigerate for at least 1 hour to allow the energy bites to firm up.

Prep Time: 0 mins

Cook Time: 60 mins

Step 6

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 8 g

Protein: 5 g

Carbohydrates: 15 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	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
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	60 mg	2.61%	2.61%
Calcium	10 mg	1%	1%
Iron	6 mg	75%	33.33%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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

Medium

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