

# No Bake Oatmeal Energy Balls

The only Energy Ball recipe you'll ever need, plus six no-bake energy ball flavors!  
Start with this easy base recipe, then add any of your favorite mix-ins.

**YIELD:** about 18 (1-inch) balls **PREP TIME:** 10 minutes **COOK TIME:** 0 minutes **TOTAL TIME:** 40 minutes

## Ingredients:

### ENERGY BALL BASE:

1 1/4 cups Gluten Free Rolled Oats (you can also swap quick oats or a blend of half quick, half old fashioned)  
2 tablespoons "power mix-ins" (chia seeds, flaxseeds, hemp seeds), or additional rolled oats  
1/2 cup nut butter of choice (or peanut butter)  
1/3 cup sticky liquid sweetener of choice (honey or maple syrup)  
1 teaspoon pure vanilla extract  
1/4 teaspoon kosher salt  
1/2 cup mix-ins (see below for flavor options)



### CLASSIC CHOCOLATE CHIP:

Any nut butter, honey, 1/2 cup chocolate chips

### TRAIL MIX:

Peanut butter, honey, 3 tablespoons chocolate chips, 3 tablespoons chopped peanuts, 2 tablespoons raisins

### WHITE CHOCOLATE CRANBERRY:

Almond or cashew butter, honey, 1/4 cup dried cranberries, 1/4 cup white chocolate chips

### ALMOND JOY:

Replace 1/2 cup of the oatmeal with 1/2 cup unsweetened coconut flakes, almond butter, any sweetener, 1/4 cup chocolate chips, 1/4 cup chopped almonds

### DOUBLE CHOCOLATE:

Any nut butter, any sweetener, 1/2 cup mini chocolate chips, ADD 2 tablespoons cocoa powder

### OATMEAL RAISIN COOKIE:

Almond or cashew butter, maple syrup, 1/2 cup raisins, ADD 1/4 teaspoon cinnamon

## Directions:

-Place all of the ingredients in a large mixing bowl: oats, power mix-ins, nut butter, sweetener, vanilla extract, salt, mix-ins, and any other spices you'd like to add. Stir to combine. If the mixture seems too wet, add a bit more oats. If it's too dry, add a bit more nut butter. It should resemble a somewhat sticky dough that holds together when lightly squeezed. Place the bowl in the refrigerator for 30 minutes to set (this will make the balls easier to roll later on).

-Remove the bowl from the refrigerator and portion the dough into balls of desired size. (I use a cookie scoop to make mine approximately 1 inch in diameter). Enjoy!

**Serving Size:** 1 ball (nutrition info for Classic Chocolate Chip variation) **Amount Per Serving:** **Calories:** 123 Calories

**Total Fat:** 6g | **Saturated Fat:** 2g | **Sodium:** 47mg | **Carbohydrates:** 16g | **Fiber:** 2g | **Sugar:** 9g | **Protein:** 3g