

Badass Energy Bites

Created with my niece and for my niece, these badass energy bites are the ultimate grab-and-go snack—so simple to make, you can throw them together in a college dorm! Packed with protein and fiber, they're the perfect fuel for busy days, late-night study sessions, or anytime you need a quick boost. Just mix, roll, and store them in an airtight container in the fridge or freezer for a nourishing treat that's always ready when you are.

INGREDIENTS

1/2 cup almond butter
1/2 cup rolled oats
1/2 cup quinoa, raw
1/2 cup flax meal
2/3 cup shredded coconut, unsweetened
1/4 cup pure maple syrup
1/4 cup cocoa nibs
1/2 teaspoon salt

STEP 1

Combine all ingredients in a bowl and mix well.

STEP 2

Cover and chill mixing bowl in refrigerator for 1-2 hours.

STEP 3

Roll mixture into 1" balls then store in parchment lined airtight container.

SERVES

12-16 bites

TIME

🕒 10m

SHOPPING LIST

1 jar almond butter
1 bag rolled oats
1 bag quinoa
1 bag flax meal
1 bag shredded coconut, unsweetened
1 jar pure maple syrup
1 bag cocoa nibs
salt

EQUIPMENT

Large bowl
Airtight container
Parchment paper

STORAGE

Store in the fridge for 2 weeks or in the freezer for up to 2-3 months