



# VEGAN PEANUT BUTTER ENERGY BITES

## INGREDIENTS

- 1½ cups old fashioned oats
- 3 TBSP ground flaxseed
- 1 TBSP chia seeds
- Pinch of sea salt
- ¼ cup vanilla pea protein powder
- ¼ cup agave nectar
- ¼ cup natural peanut butter
- 1 teaspoon vanilla extract
- ½ cup vegan dark chocolate mini chocolate chips
- 1–2 TBSP water, if needed



## DIRECTIONS

1. In a food processor combine oats, flaxseed, chia seeds & salt.
2. Pulse 10–15 times until most of the oats are broken into very small pieces while some remain intact.
3. In a medium bowl, combine oat mixture, protein powder, peanut butter, agave, and vanilla. Stir with wooden spoon until well combined. If dough does not stick together, add water 1 teaspoon at a time and stir until dough sticks together easily.
4. Stir in chocolate chips.  
Divide the dough into 12 portions using a small cookie scoop and roll into balls using your hands.
5. Store balls in a covered container in the fridge for up to 2 weeks or in the freezer for up to 2 months.



Vegan Peanut Butter Energy Bites		
Nutrition Facts		
Serving Size	1 Snack Pack	
Amount Per Serving		
Calories	<b>399.2</b>	
% Daily Value*		
Total Fat	23.9 g	31 %
Saturated Fat	7.5 g	37 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	174.9 mg	8 %
Total Carbohydrate	36.7 g	13 %
Dietary Fiber	8 g	29 %
Total Sugars	14.8 g	
Added Sugars	12.7 g	25 %
Protein	14.1 g	
Vitamin D	0 mcg	0 %
Calcium	54.2 mg	4 %
Iron	3 mg	17 %
Potassium	365.3 mg	8 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at [cronometer.com](#)