



No-Bake Gingerbread Energy Bites

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 10 servings | Serving Size: 2 energy bites

Ingredients

- 1 cup old fashioned (rolled) oats
- ½ cup almond meal or almond flour
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon ground cloves
- 1½ cups roughly chopped pitted dates, packed
- 2 tablespoons honey
- 2 teaspoons vanilla extract

Directions

1. Add the oats, almond meal, cinnamon, ginger, nutmeg, and clove to a food processor. Pulse until the mixture is a fine texture like flour.
2. Add the dates, honey, and vanilla. Pulse until the mixture comes together.
3. Use a small scoop or spoon (about a tablespoon) to portion the mixture out, then roll the mixture into balls.
4. Serve right away, or chill before serving.

Recipe Notes

- Store in an airtight container in the refrigerator for up to 2 weeks, or freeze for up to 1 year.
- Nuts or seeds can be substituted for the almond meal, if desired. Add to the food processor first and pulse until finely ground.
- Try new flavors by changing the flavor of extract used (e.g. almond extract, orange extract) or the spices used (e.g. pumpkin pie spice, apple pie spice).

**Nutrition Facts Per Serving: Calories: 130 | Total Fat: 1.5 g | Saturated Fat: 0 g
Sodium: 0 mg | Total Carbohydrate: 30 g | Dietary Fiber: 3.5 g | Protein: 2 g**

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs