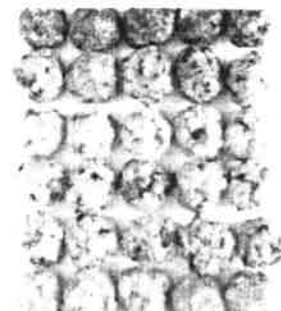


# Double Chocolate No-Bake Oatmeal Energy Balls

Author: Melissa Griffiths

Prep Time: 5 mins Total Time: 5 mins

Yield: 12



## Ingredients

- 1 cup dry oats (I like 1/2 old fashioned oatmeal and 1/2 quick cooking)
- 1/4 cup peanut butter
- 1/4 cup honey
- 2 tablespoons cocoa powder
- 1/2 cup mini chocolate chips
- dash of salt
- 1/2 teaspoon vanilla, optional

## Instructions

1. In a medium bowl, add all of the ingredients and stir to combine well. The mixture should be a bit sticky. Refrigerate for at least 30 minutes.
2. Use a spoon to scoop about a tablespoon of the cookie ball mixture into your hand. Roll into a ball. Repeat with remaining mixture. This should make about 12 oatmeal energy balls.
3. Store the balls covered in the fridge for up to a week, or in the freezer for much longer.

<b>Nutrition Facts</b>	
Serving Size 1 Ball	
Serves 14	
<b>Amount Per Serving</b>	
<b>Calories</b>	109
<b>% Daily Value*</b>	
<b>Total Fat</b> 5.2g	<b>8%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 31.3mg	<b>1%</b>
<b>Total Carbohydrate</b> 15.5g	<b>5%</b>
Sugars 10.1g	
<b>Protein</b> 2.5g	<b>5%</b>
Vitamin A	0%
Vitamin C	0%

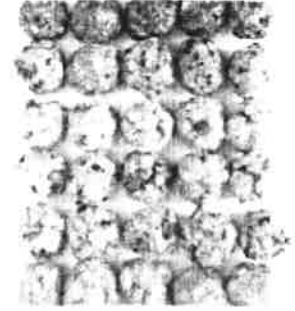
**Find it online:** <https://www.blessthismessplease.com/8-no-bake-oatmeal-energy-balls/>

# Sweet and Salty No-Bake Oatmeal Energy Balls

Author: Melissa Griffiths

Prep Time: 5 mins Total Time: 5 mins

Yield: 12



## Ingredients

- 1 cup dry oats (I like 1/2 old fashioned oatmeal and 1/2 quick cooking)
- 1/4 cup almond butter
- 1/4 cup honey
- 1/4 cup crushed pretzels
- 1/4 cup chopped roasted salted almonds
- dash of salt
- 1/2 teaspoon vanilla, optional

## Instructions

1. In a medium bowl, add all of the ingredients and stir to combine well. The mixture should be a bit sticky. Refrigerate for at least 30 minutes.
2. Use a spoon to scoop about a tablespoon of the cookie ball mixture into your hand. Roll into a ball. Repeat with remaining mixture. This should make about 12 oatmeal energy balls.
3. Store the balls covered in the fridge for up to a week, or in the freezer for much longer.

<b>Nutrition Facts</b>	
Serving Size 1 Ball	
Serves 14	
<b>Amount Per Serving</b>	
<b>Calories</b>	92
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	7%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 41mg	2%
<b>Total Carbohydrate</b> 11.9g	4%
Sugars 5.4g	
<b>Protein</b> 2.5g	5%
Vitamin A	0%
Vitamin C	0%

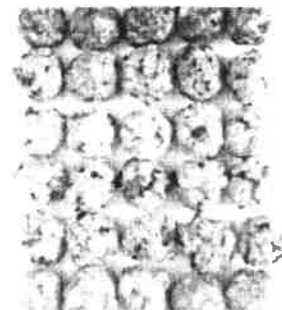
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# Blueberry Muffin No-Bake Oatmeal Energy Balls

Author: Melissa Griffiths

Prep Time: 5 mins Total Time: 5 mins

Yield: 12



## Ingredients

- 1 cup dry oats (I like 1/2 old fashioned oatmeal and 1/2 quick cooking)
- 1/4 cup almond butter
- 1/4 cup honey
- 1/2 cup dried blueberries
- dash of salt
- 1/4 teaspoon cinnamon
- 1/2 teaspoon vanilla, optional

## Instructions

1. In a medium bowl, add all of the ingredients and stir to combine well. The mixture should be a bit sticky. Refrigerate for at least 30 minutes.
2. Use a spoon to scoop about a tablespoon of the cookie ball mixture into your hand. Roll into a ball. Repeat with remaining mixture. This should make about 12 oatmeal energy balls.
3. Store the balls covered in the fridge for up to a week, or in the freezer for much longer.

<b>Nutrition Facts</b>	
Serving Size 1 Ball	
Serves 14	
<b>Amount Per Serving</b>	
<b>Calories</b>	86
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>5%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 12mg	<b>0%</b>
<b>Total Carbohydrate</b> 14.4g	<b>5%</b>
Sugars 9.1g	
<b>Protein</b> 1.9g	<b>4%</b>
Vitamin A	0%
Vitamin C	2%

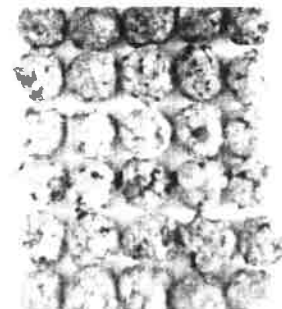
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# Monster Cookie No-Bake Oatmeal Energy Balls

Author: Melissa Griffiths

Prep Time: 5 mins    Total Time: 5 mins

Yield: 12 balls



## Ingredients

- 1 cup dry oats (I like 1/2 old fashioned oatmeal and 1/2 quick cooking)
- 1/4 cup peanut butter
- 1/4 cup honey
- 1/4 cup dry roasted peanuts
- 1/4 cup mini M&M's
- 1/4 cup mini chocolate chips
- dash of salt
- 1/2 teaspoon vanilla, optional

## Instructions

1. In a medium bowl, add all of the ingredients and stir to combine well. The mixture should be a bit sticky. Refrigerate for at least 30 minutes.
2. Use a spoon to scoop about a tablespoon of the cookie ball mixture into your hand. Roll into a ball. Repeat with remaining mixture. This should make about 12 oatmeal energy balls.
3. Store the balls covered in the fridge for up to a week, or in the freezer for much longer.

<b>Nutrition Facts</b>	
Serving Size 1 Ball	
Serves 14	
<b>Amount Per Serving</b>	
<b>Calories</b>	114
<b>% Daily Value*</b>	
<b>Total Fat</b> 5.7g	<b>9%</b>
<b>Cholesterol</b> 0.3mg	<b>0%</b>
<b>Sodium</b> 32.7mg	<b>1%</b>
<b>Total Carbohydrate</b> 14.5g	<b>5%</b>
Sugars 9.3g	
<b>Protein</b> 2.8g	<b>6%</b>
Vitamin A	0%
Vitamin C	0%

**Find it online:** <https://www.blessthismessplease.com/8-no-bake-oatmeal-energy-balls/>