

Quick No Bake Oatmeal Energy Bites

Energize on-the-go with this quick, no-bake oatmeal energy bites, packed with ingredients like oats, nuts, and honey for a deliciously convenient snack bursting with flavor.



Servings: 12



Prep time: 10 minutes



Ingredients

- 1/2 cup Quaker® Oats-Old Fashioned
- 1/2 cup almonds
- 1/4 cup cashews (optional)
- 2 tbsp unsweetened shredded coconut (desiccated)
- 2 tbsp chia seeds
- 1/2 cup dried figs
- 1/2 cup dates
- 1 tsp cinnamon
- 2 tbsp honey



Instructions

- In a food processor, blend all the ingredients until it becomes a dough that is sticky when pressed with your fingers.
- Scoop into desired size balls, roll and enjoy.
- Store in an airtight container for up to 5 days.

Nutrition Info

per serving

| | |
|-----------------------------|--------|
| Calories: | 290 |
| Total fat: | 17 g |
| Saturated fat: | 2 g |
| Cholesterol: | 0 mg |
| Sodium: | 120 mg |
| Total Carbohydrates: | 33 g |
| Dietary Fiber: | 18 g |
| Total Sugar: | 11 g |
| Added Sugar: | 3 g |
| Protein: | 10 g |



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