



# Peanut Butter Energy Bites



**SERVINGS**

8



**COOKING TIME**

0 min

These no-bake Peanut Butter Energy Bites are easy to make ahead and take with you wherever you go. Just combine all the ingredients – including our own Quaker Instant Maple & Brown Sugar Oatmeal and Old Fashioned Rolled Oats – roll into balls and refrigerate. So simple and yet so tasty.

## Ingredients

- 1 packet [Quaker® Instant Oatmeal - Maple and Brown Sugar](#)
- 1/2 cup Quaker® Old Fashioned Rolled Oats
- 1/4 cup round flaxseed meal
- 3 tbsp unsweetened shredded coconut
- 1 tbsp chia seeds
- 1/2 tsp cinnamon
- 1/2 cup creamy peanut butter (or almond butter)
- 2 tbsp date syrup (or honey)
- 1/2 tsp vanilla extract

## Cooking Instructions

1. In a medium mixing bowl, combine all dry ingredients and stir to combine. Add all remaining (wet) ingredients and stir with a non-stick spatula until thoroughly mixed.
2. Roll mixture into 8 1-inch balls and place on a parchment lined plate. Refrigerate for 1 hour until set and chilled and enjoy.
3. Can be stored in an airtight container in the refrigerator for up to a week.