



Quick No Bake Oatmeal Energy Bites



SERVINGS

12



COOKING TIME

0 min

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

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

Cooking Instructions

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