

Gluten-Free Cookie Dough Energy Bites



Discover our delicious recipe for Gluten-Free "Cookie Dough" Energy Balls. These small, energy-packed treats are perfect for cookie lovers, offering a healthy and gluten-free snack that will satisfy your sweet cravings while providing a boost of vitality. Get ready to savor an explosion of flavors in every bite.

Preparation 15 min

Cooking 0 min

Servings 12

Nutrition Facts (per serving)

Calories 160

Fat 8

Carbohydrates 15

Fibre 3

Protein 4

Sodium 45

Ingredients

- 250 ml (1 cup) gluten-free rolled oats
- 125 ml (½ cup) semi-sweet chocolate chips
- 60 ml (¼ cup) ground flax seeds
- 5 ml (1 tsp) cinnamon
- 125 ml (½ cup) natural peanut butter or soy butter

• syrup)

- 5 ml (1 tsp) vanilla extract

Preparation

1. In a large bowl, mix the rolled oats, chocolate chips, flax seeds and cinnamon.
2. Add peanut butter, honey and vanilla and knead with hands to form a smooth dough.
3. Using your hands, roll into 12 balls about the size of a golf ball.
4. Refrigerate 1 hour before serving.

Notes

Can be kept 1 week in an airtight container in the refrigerator or 3 months in the freezer.



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