

Chocolate-Cranberry Energy Bites



High in fibre and protein, this energizing snack is perfect after a workout or in the afternoon to recharge. Easy to make and no-bake, these energy bites also make a great cooking project with kids. A practical and healthy idea, suggested by our team of dietitians! For more kid-friendly ideas, check out our [10 recipes to cook with kids](#).

Preparation 10 min

Cooking 0 min

Servings 9

Nutrition Facts (per serving)

Calories 135

Fat 4

Carbohydrates 19

Fibre 3

Protein 6

Sodium 25

Ingredients

- 160 ml (? cup) pitted dried dates
- 160 ml (? cup) quick-cooking oats*
- 30 ml (2 tbsp) natural peanut butter (or other nut butter)
- 30 ml (2 tbsp) ground flaxseeds

- 1 scoop (about 30 g) of protein powder of choice
- 5 ml (1 tsp) vanilla extract
- 1 pinch of salt
- 60 ml (4 tbsp) water
- 60 ml (¼ cup) dried cranberries
- 30 ml (2 tbsp) semi-sweet or dark chocolate chips

Preparation

1. In a food processor, add the dates, oats, peanut butter, flaxseeds, cocoa powder, protein powder, vanilla extract, salt and water. Blend into a sticky and uniform mixture.
2. Add a bit of water, 15 ml (1 tbsp) at a time, if needed, until the mixture holds together well.
3. Add the cranberries and chocolate chips. Pulse two or three times, just to combine. Finish mixing with a spatula if needed.
4. Form 9 balls with your hands. Enjoy or store in an airtight container.

Notes

Keeps for 5 days in the refrigerator or 3 months in the freezer.

Eat 2 bites for a satisfying and complete snack! Double the recipe to freeze the leftovers!

*For a gluten-free recipe, make sure to choose **certified gluten-free oats**.



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