

INGREDIENTS

3 cups rolled oats [300g]
2 cups macadamia nuts
[260g]
1.5 cups pitted dates -
packed into cup [270g]
3/4 cup chia seeds [120g]
3/4 teaspoon salt
1 1/2 cup creamy peanut
butter [375g]
3/4 cup maple syrup or
agave nectar [180ml]

OPTIONAL: 2 cups of any of
the following: chopped nuts,
dried fruits, shredded
coconut, dark chocolate
chips [160g]

INSTRUCTIONS

1. Add all dry ingredients
(everything except the peanut
butter and syrup] into a food
processor and process for a
few minutes. It will start off
crumbly but gradually start
sticking to the sides. Stop every
minute and scrape down the
sides; keep going until the mix
starts to clump together a bit.
2. Add the peanut butter and
maple syrup [or agave nectar]
and process until it forms a
sticky dough.
3. Roll small portions between
your palms to form compact
balls. The size is up to you, but
aim for bite-sized balls and
make around 60 of them.
4. Place the energy balls on a
parchment-lined tray. You can
store them in the refrigerator
for up to 2 weeks.
5. Enjoy!



Oaty Peanut Butter Yogi Energy Bars



60 servings



15 minutes



0 minutes

These no-bake vegan energy balls are the perfect on-the-go snack to satisfy your hunger and boost your energy. They're bite sized and perfect for a healthy wholesome snack (also a great snack for toddlers eating solids, too!)

Great to meal prep and store for up to two weeks - although in our home, they only last a few days.

Notes

Feel free to experiment with the recipe by incorporating different types of nuts, seeds, dried fruits, or spices like cinnamon or nutmeg. These energy balls are versatile and can be customized to your taste preferences. Enjoy your homemade vegan peanut butter oat energy balls!