

(1)

# No-Bake Cranberry Nut Energy Bites



**SNACK** ([https://www.bluezones.com/recipe\\_type/snack/](https://www.bluezones.com/recipe_type/snack/)) / **VEGETARIAN** ([https://www.bluezones.com/recipe\\_type/vegetarian/](https://www.bluezones.com/recipe_type/vegetarian/)) / **BREAKFAST** ([https://www.bluezones.com/recipe\\_type/breakfast/](https://www.bluezones.com/recipe_type/breakfast/)) / **PLANT-BASED** ([https://www.bluezones.com/recipe\\_type/plant-based/](https://www.bluezones.com/recipe_type/plant-based/)) / **VEGAN** ([https://www.bluezones.com/recipe\\_type/vegan/](https://www.bluezones.com/recipe_type/vegan/))

★★★★☆ (364 votes, average: 3.73 out of 5)

*Centenarians eat about a handful of nuts a day and their preferred snack provide healthy fats necessary for brain function. Naturally sweetened with dates, packed with fiber from both nuts and whole grains, these energy bites are perfect for snacking on the go or packing as a sweet post-lunch treat.*

*Yield: 12 bites*

*Recipe from Foodista (<http://www.foodista.com/recipe/S4J6PZXH/no-bake-cranberry-nut-energy-bites>).*



## INGREDIENTS

9 Medjool dates, pitted and cut in quarters

$\frac{1}{3}$  cup agave

1 tablespoon almond butter

1 tablespoon chia seeds

$1\frac{1}{4}$  cup whole grain oats

$\frac{1}{4}$  cup pistachios, shelled

$\frac{1}{3}$  cup sliced almonds

$\frac{3}{4}$  cup dried cranberries

1 teaspoon vanilla extract

$\frac{1}{3}$  cup white chocolate chips

## DIRECTIONS

1. In a food processor with a metal blade, add dates, agave, almond butter, chia seeds, oats, pistachios, almonds, cranberries, and vanilla. Pulse until roughly chopped, but not pulverized.
2. Place oat mixture into a medium mixing bowl. Add white chocolate chips and stir together. Place in refrigerator and chill for about 20 minutes.
3. Once chilled, use your hands to shape into 1-inch balls, pressing your hands firmly together to shape. A touch more almond butter can be added to help shape and hold, if necessary. Repeat with remaining mixture.

Note: Store in an airtight container in the refrigerator for up to 1 week.

## Related Posts