



No Bake Oatmeal Energy Balls

★★★★★ 4.99 from 104 votes

The only Energy Ball recipe you'll ever need, plus six no-bake energy ball flavors! Start with this easy base recipe, then add any of your favorite mix-ins.

PREP:	TOTAL:
10 mins	40 mins

SERVINGS: 18 (1-inch) balls, approx.

REVIEW

PRINT

Ingredients

ENERGY BALL BASE:

- 1 1/4 cups [rolled oats](#) *you can also swap quick oats or a blend of half quick, half old fashioned*
- 2 tablespoons "power mix-ins" [chia seeds](#), [flaxseeds](#), [hemp seeds](#), or additional rolled oats
- 1/2 cup nut butter of choice *peanut butter is my go-to*
- 1/3 cup sticky liquid sweetener of choice *honey or maple syrup*
- 1 teaspoon [pure vanilla extract](#)
- 1/4 teaspoon [kosher salt](#)
- 1/2 cup mix-ins *see below for flavor options*

CLASSIC CHOCOLATE CHIP:

- Any nut butter *honey*, 1/2 cup chocolate chips

TRAIL MIX:

- [Peanut butter](#) *honey*, 3 tablespoons chocolate chips, 3 tablespoons chopped peanuts, 2 tablespoons raisins

WHITE CHOCOLATE CRANBERRY:

- Almond butter or cashew butter, *honey*, 1/4 cup dried cranberries, 1/4 cup white chocolate chips

ALMOND JOY:

- Replace 1/2 cup of the oatmeal with 1/2 cup unsweetened coconut flakes *almond butter, any sweetener, 1/4 cup chocolate chips, 1/4 cup chopped almonds*

DOUBLE CHOCOLATE:

- Any nut butter *any sweetener, 1/2 cup mini chocolate chips, ADD 2 tablespoons cocoa powder*

OATMEAL RAISIN COOKIE:

- Almond butter *or cashew butter, maple syrup, 1/2 cup raisins, ADD 1/4 teaspoon cinnamon*

Instructions

- 1 Place all of the ingredients in a large mixing bowl: oats, power mix-ins, nut butter, sweetener, vanilla extract, salt, mix-ins, and any other spices you'd like to add. Stir to combine. If the mixture seems too wet, add a bit more oats. If it's too dry, add a bit more nut butter. It should resemble a somewhat sticky dough that holds together when lightly squeezed. Place the bowl in the refrigerator for 30 minutes to set (this will make the balls easier to roll later on).
- 2 Remove the bowl from the refrigerator and portion the dough into balls of desired size. (I use a cookie scoop to make mine approximately 1 inch in diameter). Enjoy!

Notes

- Store leftover energy balls in an airtight container in the refrigerator for up to 2 weeks or freeze for up to 3 months.
- For nut allergies: In place of the almond or peanut butter, try sunflower seed butter.

Nutrition**SERVING:** 1ball (nutrition info for Classic Chocolate Chip variation)**CALORIES:** 131kcal**CARBOHYDRATES:** 18g**PROTEIN:** 4g**FAT:** 5g**SATURATED FAT:** 1g**POTASSIUM:** 115mg**FIBER:** 3g**SUGAR:** 6g**CALCIUM:** 20mg**IRON:** 1mg

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