



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:
10 mins

TOTAL:
40 mins

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

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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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