

Almond Energy Bites (No-Bake)

Prep: 15 min • Chill: 1 hour • Makes: 20–24 bites



Ingredients	Instructions
<ul style="list-style-type: none"> ● 2 cups almonds or almond meal ● 12 pitted dates (soak 30 min if dry) ● 1 cup unsweetened coconut flakes ● 1/4 cup coconut flakes (optional) ● 1/4 cup almond butter ● 2–4 Tbsp maple syrup ● 2 Tbsp raw cacao powder ● Protein or collagen (optional) ● 1–2 Tbsp maca root (optional) ● 1 tsp cinnamon ● 1 tsp cardamom ● 1/8 tsp sea salt 	<ol style="list-style-type: none"> 1 Pulse almonds to crumb texture. 2 Add dates and blend. 3 Add remaining ingredients and process until sticky. 4 Roll into 1/2–1 inch balls (optional coconut coating). 5 Refrigerate 1 hour.

Storage

Refrigerate in airtight container up to 7 days or freeze up to 3 months. Shortcut: Press mixture into logs, chill, slice, and store.

Health Notes

Almonds: Support heart health and blood sugar balance. **Raw Cacao:** Flavonoids support mood and stress reduction. **Maca Root:** Supports energy and hormone balance. **Cardamom:** Calms digestion and stimulates bile.