

Easy Cranberry Pistachio Oat Energy Bites for Meal Prep

Cranberry Pistachio Energy Bites

TIME
10 min

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INGREDIENTS

1 cup rolled oats
1/2 cup pistachios, chopped
1/4 cup dried cranberries, chopped
2 tbsp chia seeds
1/4 cup almond butter or peanut butter
2 tbsp honey or maple syrup
1/2 tsp vanilla extract
Pinch of salt

DIRECTIONS

1. Step 1: Mix the Dry Ingredients: In a large mixing bowl, combine:
2. Rolled oats
3. Chopped pistachios
4. Dried cranberries
5. Chia seeds
6. Stir to evenly distribute the ingredients.
7. Step 2: Prepare the Wet Mixture: In a separate bowl, mix:
8. Almond butter (or peanut butter)
9. Honey (or maple syrup)
10. Vanilla extract
11. Pinch of salt
12. Stir until the mixture is smooth.
13. Step 3: Combine Everything: Pour the wet mixture over the dry ingredients.
14. Stir well until everything is evenly coated and combined.
15. Step 4: Roll the Energy Bites: Using your hands or a small scoop, roll the mixture into 1-inch balls.
16. Step 5: Chill: Place the bites on a parchment-lined tray and refrigerate for at least 30 minutes until firm.
17. Step 6: Serve or Store: Enjoy immediately or store for later snacks.

SWAPS & NOTES

and Substitutions This recipe is flexible and easy to adjust based on your preferences.

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Original recipe: <https://chefmaniac.com/easy-cranberry-pistachio-oat-energy-bites-for-meal-prep/>