

No-Bake Strawberry Cheesecake Energy Bites: A Sweet and Easy Snack

No-Bake Strawberry Cheesecake Energy Bites



TIME
10 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

- 1 cup rolled oats
- 1/2 cup almond butter
- 1/4 cup honey or maple syrup
- 1/2 cup crushed strawberries, fresh or frozen
- 1/4 cup cream cheese, softened
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1/4 cup shredded coconut, optional
- 1/4 cup mini chocolate chips, optional

DIRECTIONS

1. In a large mixing bowl, combine the rolled oats and almond butter. Stir until the oats are evenly coated.
2. Add the honey or maple syrup and mix until well combined.
3. Stir in the crushed strawberries, distributing them evenly through the mixture.
4. Add the softened cream cheese, vanilla extract, and salt. Mix thoroughly until the ingredients form a cohesive mixture.
5. If using, stir in the shredded coconut and mini chocolate chips.
6. Use your hands or a small cookie scoop to form the mixture into bites about 1 inch in diameter. Roll them gently into balls.
7. Place the bites on a parchment-lined plate or baking sheet.
8. Refrigerate for at least 30 minutes, or until firm enough to hold their shape.
9. Serve chilled and store leftovers in the refrigerator.
10. The finished bites should be soft, creamy, and lightly chewy, with bright strawberry flavor in every bite.

SWAPS & NOTES

This recipe is simple and forgiving, which makes it easy to adapt to your taste.

Oats: Rolled oats work best for texture, but quick oats can also be used for a softer bite.

Almond butter: Peanut butter or cashew butter can be swapped in if preferred.

Sweetener: Honey adds a classic sweetness, while maple syrup keeps it a little lighter and works well if that is your go-to pantry option.

TIPS FOR SUCCESS

If your strawberries release a lot of liquid, blot them lightly before mixing them in.

Too much moisture can make the mixture overly soft.

If the mixture feels sticky when rolling, chill it for 10 to 15 minutes first, then shape the bites once it firms up a little.

For the best texture, store these in the refrigerator and enjoy them cold.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/no-bake-strawberry-cheesecake-energy-bites-a-sweet-and-easy-snack/>