



Easy Pumpkin Energy Bites

Description

If you're looking for a quick snack that's wholesome, satisfying, and perfect for fall, these Easy Pumpkin Energy Bites are a must-try. They're naturally gluten-free, no-bake, and come together in minutes with just a handful of pantry ingredients. Think cozy pumpkin spice flavor, creamy nut butter, and a rich chocolate coating—all in one bite-sized treat.

Why You'll Love These Energy Bites

- **Quick and simple** No baking, no fuss.
- **Gluten-free** Made with oat and coconut flour.
- **Customizable** Add protein powder or collagen for an extra boost.
- **Perfect for snacking** Energy on the go, anytime you need it.

Ingredients

For the bites:

- 1 cup peanut butter (or any nut/seed butter)
- 1/4 cup pumpkin puree
- 1/4 cup honey
- 2 tbsp coconut flour
- 2 tbsp oat flour
- 1 tbsp pumpkin pie spice (or cinnamon)
- 1 tsp vanilla extract
- Pinch of salt
- 1 scoop protein powder or collagen (optional)

For the chocolate coating:

- 1 cup chocolate chips
- 1 tbsp coconut oil

Instructions

1. In a large bowl, mix together the peanut butter, pumpkin puree, honey, coconut flour, oat flour, pumpkin spice, vanilla, salt, and protein powder (if using). Adjust the flour or protein powder until the mixture forms a dough-like consistency.
2. Roll the dough into small balls (about 20) and place them on a parchment-lined plate or tray that fits in your freezer. Freeze for 1 hour.
3. Melt the chocolate chips and coconut oil in the microwave in 30-second intervals, stirring until smooth.
4. Dip each pumpkin bite into the melted chocolate and return to the lined plate. Freeze again for 20-30 minutes to set.

Storage Tips

- Keep the bites stored in the freezer for up to **3 months**.
- For a softer texture, store them in the fridge for up to **2 weeks**.

Final Thoughts

These Pumpkin Energy Bites taste like dessert but fuel your body like a snack. With cozy pumpkin spice flavor, a boost of protein, and a chocolatey shell, they're perfect for fall baking season without even turning on the oven.

Category

1. High Protein Recipes

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