

Coconut Cashew Honey Energy Bites



Energy bites are one of the easiest to throw together with remaining ingredients you have in your kitchen. All you need is a nut or seed butter of some kind, or a paste (such as from dates), a sweetener, and toppings like more seeds and nuts, coconut flakes, dried fruit, etc.

30 mins

TOTAL TIME

8 mins

PREP

16-20 bites

YIELD

Recipe by [Lauren Neves, Lauren's Lighthouse](#)

Ingredients

- 1 cup cashew butter
- 2/3 cup shredded coconut
- 1/2 cup sunflower seeds
- 1/3 cup milled flaxseed
- 1/4 cup raw honey
- 2 tsp espresso powder
- 1/4 tsp cinnamon
- 1/2 tsp maca powder
- pinch of sea salt

Directions

1. Mix all ingredients in a large bowl until even. Roll bit-size amounts (about 1.5 tablespoons) into balls.
2. Refrigerate for 1 hour and serve immediately, or store in refrigerator up to two weeks.

Note: If the mixture appears dry and does not stick together, add 1 tablespoon of water or 1/2 tablespoon of coconut oil. Add more as needed.

Did you make this recipe?

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