

# Low FODMAP Dark Chocolate Peanut Butter Energy Bites

*Rich, fudgy energy bites packed with dark chocolate and peanut butter—the perfect gut-friendly snack that tastes like dessert but fuels your day.*

Prep: 27 min

Cook: 30 min

Total: 57 min

Servings: 26

**Low FODMAP** ✓

## Ingredients

Natural peanut butter (no added sugars or oils)

Pure maple syrup

Pure vanilla extract

Gluten-free rolled oats

Unsweetened cocoa powder

Dark chocolate (70% cocoa or higher), roughly chopped

## Instructions

### Step 1: Prepare Your Workspace

(5 min)

Line a large baking sheet with parchment paper and set aside. Gather all your ingredients and measuring tools to ensure smooth assembly. If your peanut butter has separated, stir it thoroughly until the oil is fully incorporated for the best texture in your energy bites.

## Step 2: Mix the Base

(3 min)

In a large mixing bowl, combine 240g natural peanut butter, 80ml pure maple syrup, and 1 teaspoon vanilla extract. Stir vigorously with a wooden spoon or sturdy spatula until the mixture is completely smooth and well combined. The mixture should be glossy and thick, similar to frosting consistency.

## Step 3: Add Dry Ingredients

(4 min)

Add 160g gluten-free rolled oats and 40g unsweetened cocoa powder to the peanut butter mixture. Fold everything together until no dry pockets remain and the mixture is uniformly dark brown. The dough will be thick and slightly sticky—this is exactly what you want for energy bites that hold their shape.

## Step 4: Incorporate Chocolate

(3 min)

Roughly chop 100g of dark chocolate (70% cocoa or higher) into small chunks, about the size of chocolate chips. Fold the chocolate pieces into the dough, distributing them evenly throughout. The chunks will provide bursts of intense chocolate flavor in every bite.

## Step 5: Shape the Bites

(12 min)

Using a tablespoon measure or small cookie scoop, portion out the dough and roll between your palms to form smooth balls, each about 2.5cm in diameter. Place each ball on the prepared baking sheet, spacing them slightly apart. If the mixture sticks to your hands, lightly dampen your palms with water between rolling.

## Step 6: Chill and Store

(30 min)

Transfer the baking sheet to the refrigerator and chill the energy bites for at least 30 minutes until firm. Once set, transfer them to an airtight container with parchment paper between layers to prevent sticking. Store in the refrigerator for up to 2 weeks, or freeze for up to 3 months. Enjoy straight from the fridge for the best fudgy texture.