



Makes 36 bites
Preparation Time: 15 minutes
Cook Time: 45 minutes

INGREDIENTS:

⅓ cup unsalted raw cashews
2 ripe bananas
2 tablespoons pure maple syrup
½ teaspoon pure vanilla extract
2 cups + 6 tablespoons quick-cooking rolled oats
¼ teaspoon sea salt
2 oz. freeze-dried strawberries (2½ cups), finely crushed

Strawberry Bliss Bites

These naturally sweet, no-bake **strawberry** bliss bites are a fun and wholesome treat—perfect for lunchboxes, post-workout snacks, or a fruity dessert. Made with creamy cashews, **ripe bananas**, and rolled oats, they come together quickly in a food processor, and the coating made from crushed freeze-dried strawberries tastes fantastic! They are best eaten the day they are made, but you can store them uncoated for up to a day. Just roll, chill, and enjoy!

Gluten-free: These are gluten-free if you use certified gluten-free rolled oats.

For more inspiration, check out these tasty ideas:

- [Key Lime Oat Bites](#)
- [Mexican Chocolate Energy Bites](#)
- [Raw Choco Bites With Oats and Carrots](#)
- [Cherry Oat Snack Balls](#)
- [Cherry Chocolate Chip Bliss Balls](#)

By Ellen Boeke

- 1 Soak cashews in enough very hot water to cover 15 minutes; drain and rinse.
- 2 In a food processor combine soaked cashews, bananas, maple syrup, and vanilla. Process until smooth, scraping sides of container as needed. Add oats and salt; process until smooth.
- 3 Line a baking sheet with waxed paper. Roll 1-tablespoon portions of the mixture into balls. Place on the prepared baking sheet. Chill 30 minutes or until set. Place crushed strawberries in a bowl. Just before serving, roll balls in strawberries. Store uncoated bites in an airtight container in the refrigerator up to 1 day. Coat in crushed strawberries just before serving.