

BlackRock Energy & Resources Trust
Form N-Q
March 25, 2014

UNITED STATES

SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM N-Q

**QUARTERLY SCHEDULE OF PORTFOLIO HOLDINGS OF REGISTERED MANAGEMENT
INVESTMENT COMPANY**

Investment Company Act file number: 811-21656

Name of Fund: BlackRock Energy and Resources Trust (BGR)

Fund Address: 100 Bellevue Parkway, Wilmington, DE 19809

Name and address of agent for service: John M. Perlowski, Chief Executive Officer, BlackRock Energy and Resources Trust, 55 East 52nd Street, New York, NY 10055

Registrant's telephone number, including area code: (800) 882-0052, Option 4

Date of fiscal year end: 10/31/2014

Date of reporting period: 01/31/2014

Item 1 Schedule of Investments

Schedule of Investments January 31, 2014 (Unaudited)

BlackRock Energy and Resources Trust (BGR)
(Percentages shown are based on Net Assets)

	Shares	Value
Common Stocks		
Energy Equipment & Services 7.9%		
Cameron International Corp. (a)(b)	203,260	\$ 12,189,502
Halliburton Co.	315,200	15,447,952
Schlumberger Ltd. (b)	372,224	32,595,656
		60,233,110
Oil, Gas & Consumable Fuels 88.3%		
Anadarko Petroleum Corp. (b)	409,233	33,021,011
BG Group PLC	1,218,500	20,480,463
BP PLC ADR (b)	966,700	45,328,563
Cairn Energy PLC (a)	2,316,000	8,213,224
Caracal Energy, Inc. (a)	1,261,860	9,054,625
Chevron Corp. (b)	664,828	74,214,750
Cimarex Energy Co. (b)	165,400	16,205,892
ConocoPhillips (b)	716,100	46,510,695
CONSOL Energy, Inc. (b)	218,021	8,143,084
Devon Energy Corp.	160,500	9,504,810
Enbridge, Inc.	223,800	9,396,084
Eni SpA	781,000	17,735,573
EOG Resources, Inc. (b)	146,500	24,207,660
Exxon Mobil Corp. (b)	792,100	72,999,936
Imperial Oil Ltd.	196,000	8,015,982
Kosmos Energy Ltd. (a)	881,407	9,113,748
Noble Energy, Inc. (b)	453,492	28,266,156
Oil Search Ltd.	2,232,863	15,687,429
Phillips 66 (b)	186,300	13,616,667
Range Resources Corp. (b)	260,600	22,461,114
Royal Dutch Shell PLC ADR	1,326,800	91,681,880
Common Stocks	Shares	Value
Oil, Gas & Consumable Fuels (concluded)		
Southwestern Energy Co. (a)(b)	784,000	\$ 31,900,960
Statoil ASA	950,000	22,515,639
Suncor Energy, Inc. (b)	441,963	14,519,799
TransCanada Corp. (b)	497,000	21,606,949
		674,402,693
Total Long-Term Investments		
(Cost \$698,923,757) 96.2%		734,635,803
Short-Term Securities		
BlackRock Liquidity Funds, TempFund, Institutional Class, 0.03% (c)(d)	40,931,495	40,931,495
Total Short-Term Securities		
(Cost \$40,931,495) 5.3%		40,931,495
Total Investments Before Options Written		
(Cost \$739,855,252*) 101.5%		775,567,298
Options Written		
(Premiums Received \$4,747,282) (0.3)%		(2,556,566)
Total Investments Net of Options Written 101.2%		773,010,732
Liabilities in Excess of Other Assets (1.2)%		(9,376,356)
Net Assets 100.0%		\$ 763,634,376

Notes to Schedule of Investments

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* As of January 31, 2014, gross unrealized appreciation and gross unrealized depreciation based on cost for federal income tax purposes were as follows:

Tax cost	\$ 754,974,538
Gross unrealized appreciation	\$ 55,834,781
Gross unrealized depreciation	(35,242,021)
Net unrealized appreciation	\$ 20,592,760

(a) Non-income producing security.

(b) All or a portion of security has been pledged/segregated as collateral in connection with outstanding options written.

(c) Represents the current yield as of report date.

(d) Investments in issuers considered to be an affiliate of the Trust during the period ended January 31, 2014, for purposes of Section 2(a)(3) of the Investment Company Act of 1940, as amended, were as follows:

	Shares Held at	Net	Shares Held at	
Affiliate	October 31, 2013	Activity	January 31, 2014	Income
BlackRock Liquidity Funds, TempFund, Institutional Class	60,810,523	(19,879,028)	40,931,495	\$ 7,768

Portfolio Abbreviations

To simplify the listings of portfolio holdings in the Schedule of Investments, the names and descriptions of many of the securities have been abbreviated according to the following list:

ADR	American Depositary Receipt	GBP	British Pound
AUD	Australian Dollar	NOK	Norwegian Krone
CAD	Canadian Dollar	USD	US Dollar

JANUARY 31, 2014

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Schedule of Investments (continued)

BlackRock Energy and Resources Trust (BGR)

For Trust compliance purposes, the Trust's industry classifications refer to any one or more of the industry sub-classifications used by one or more widely recognized market indexes or ratings group indexes, and/or as defined by the investment advisor. These definitions may not apply for purposes of this report, which may combine industry sub-classifications for reporting ease.

Foreign currency exchange contracts as of January 31, 2014 were as follows:

Currency		Currency		Counterparty	Settlement Date	Unrealized Appreciation (Depreciation)
Purchased		Sold				
AUD	1,075,340	USD	941,471	JPMorgan Chase Bank N.A	2/03/14	\$ (386)
USD	313,028	GBP	189,591	JPMorgan Chase Bank N.A	2/03/14	1,360
USD	240,121	GBP	145,882	Citibank N.A.	2/04/14	307
USD	50,120	CAD	56,050	Citibank N.A.	2/04/14	(206)
Total						\$ 1,075

Exchange-traded options written as of January 31, 2014 were as follows:

Description	Put/ Call	Strike Price	Expiration Date	Contracts	Market
					Value
EOG Resources, Inc.	Call	USD 170.00	2/07/14	105	\$ (11,498)
Chevron Corp.	Call	USD 123.00	2/14/14	400	(2,200)
Schlumberger Ltd.	Call	USD 91.00	2/14/14	767	(28,379)
Chevron Corp.	Call	USD 121.75	2/22/14	403	(2,000)
ConocoPhillips	Call	USD 71.25	2/22/14	780	(2,505)
Anadarko Petroleum Corp.	Call	USD 85.00	2/24/14	716	(59,428)
Cameron International Corp.	Call	USD 62.50	2/24/14	532	(35,910)
ConocoPhillips	Call	USD 72.50	2/24/14	1,111	(6,111)
CONSOL Energy, Inc.	Call	USD 41.00	2/24/14	763	(7,630)
EOG Resources, Inc.	Call	USD 175.00	2/24/14	407	(60,440)
Exxon Mobil Corp.	Call	USD 97.50	2/24/14	891	(13,365)
Noble Energy, Inc.	Call	USD 75.00	2/24/14	715	(7,150)
Range Resources Corp.	Call	USD 85.00	2/24/14	913	(285,312)
Suncor Energy, Inc.	Call	CAD 38.00	2/24/14	676	(12,443)
TransCanada Corp.	Call	CAD 48.00	2/24/14	790	(66,321)
BP PLC - ADR	Call	USD 48.00	3/24/14	1,694	(91,476)
Cameron International Corp.	Call	USD 65.00	3/24/14	180	(14,400)
Chevron Corp.	Call	USD 118.25	3/24/14	763	(40,256)
Cimarex Energy Co.	Call	USD 110.00	3/24/14	578	(101,150)
Phillips 66	Call	USD 77.50	3/24/14	650	(66,625)
Southwestern Energy Co.	Call	USD			