

# Almond Butter Energy Bites with Maple Syrup



## Ingredients

- 2 ¼ cups Quaker® Oats (quick or old fashioned, uncooked)
- 3 tbsp almond flour or oat flour (see note)
- 1/4 cup almond butter
- 3 tbsp maple syrup
- 2 tbsp apple juice
- 2 tbsp water
- 1 tbsp sliced almonds, chopped, toasted if desired

## How to make it

1. Place oats and almond flour in large bowl; stir to blend well.
2. Add combined almond butter and syrup.
3. Stir until ingredients are well blended.
4. Add apple juice and stir to combine ingredients, adding water as needed for shaping consistency.
5. If desired, add salt to taste preference.
6. Shape into 24 (about 1-inch diameter) balls (3 bites per serving).
7. Spread chopped almonds on waxed paper in single layer.
8. Gently press top of each ball into almonds.
9. Refrigerate, covered, until chilled.
10. Store leftovers in refrigerator, covered.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	0 min	10 min	8

## Made with



**Quaker® Oats-Old Fashioned**