

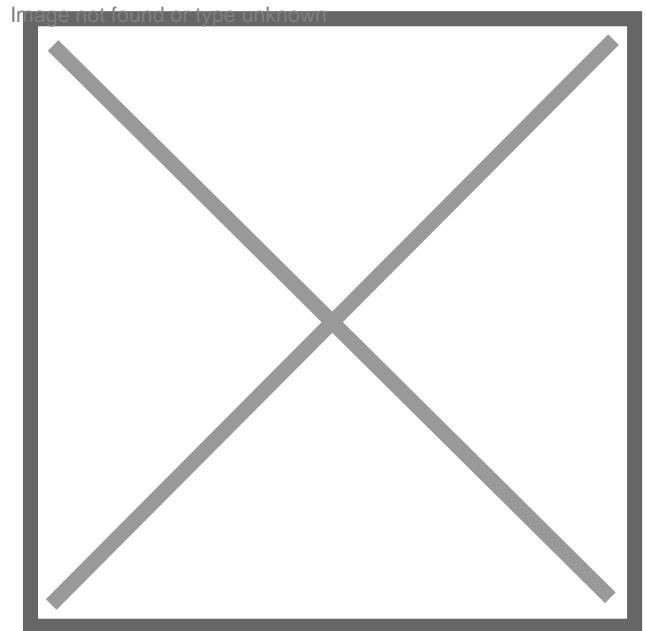
Almond Butter Energy Bites with Maple Syrup

Ingredients

- 2 1/4 cups Quaker® Oats (quick or old fashioned, uncooked)
- 3 tablespoons almond flour or oat flour (see note)
- 1/4 cup almond butter
- 3 tablespoons maple syrup
- 2 tablespoons apple juice
- 2 tablespoons water
- 1 tablespoon 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

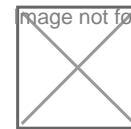
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SERVING

8

Made with



Quaker® Oats-Old Fashioned