

# Apple Cinnamon Energy Bites



## Ingredients

- 1 ½ cups Quaker® Oats (quick or old fashioned, uncooked)
- 1 ½ cups pitted dates
- 2 tsp flax seeds
- 1 cup apple peeled and chopped fine
- 1 tsp cinnamon
- 1/2 cup walnuts
- 2 tbsp honey
- 1/4 cup walnuts, finely chopped
- Pinch of sea salt

## How to make it

1. Place all ingredients in the bowl of a food processor.
2. Blend until ingredients form a sticky ball.
3. If desired, add salt to taste preference.
4. With slightly wet hands, roll a tablespoon of mixture into a tight ball.
5. Roll in additional chopped walnuts.
6. Refrigerate, covered, until chilled.
7. Store leftovers in refrigerator, covered.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	0 min	10 min	4

## Made with



**Quaker® Oats-Old Fashioned**