

Honey Vanilla Oatmeal Energy Bites



Ingredients

- 2 ½ cups Quaker® Oats (quick or old fashioned, uncooked), divided
- 1/2 cup pitted dried plums (prunes) or dates
- 2 tbsp honey or agave nectar
- 1/2 tsp vanilla extract
- 1/2 cup Quaker® Oat Bran
- 1/2 cup Tropicana Pure Premium® Orange Juice with Calcium + Vitamin D (No Pulp)

How to make it

1. Place 2 cups oats in large bowl.
2. Place plums in food processor or blender; process until blended.
3. Add honey and vanilla; process to blend well.
4. Add oat bran and remaining 1/2 cup of oats; process until well combined.
5. Add puree mixture and orange juice to oats.
6. Stir until well blended.
7. Shape into 24 (about 1-1/4-inch diameter) balls (3 bites per serving).
8. Refrigerate, covered, until chilled.
9. 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