

Nutty Matcha Energy Bites with Blueberries



Ingredients

- 2 ¼ cups Quaker® Oats (quick or old fashioned, uncooked)
- 1 tbsp matcha (green tea) powder
- 1/4 cup no-sugar added dried blueberries
- 1/2 cup unroasted, unsalted cashews
- 2 tbsp agave nectar or honey
- 1/2 cup water, as needed
- 2 tbsp unsalted pistachios, finely chopped

How to make it

1. Place oats, matcha powder and blueberries in large bowl; stir to combine.
2. Place cashews in food processor or blender; process until finely ground.
3. Stir into oat mixture.
4. Add agave nectar (or honey) and stir to combine well.
5. Add water, a small amount at a time, until oat mixture is moist enough to form into balls.
6. Shape into 24 (about 1-inch diameter) balls (3 bites per serving).
7. Roll lightly in chopped pistachios.
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