

# Pumpkin Oatmeal Energy Bites

## Ingredients

- 2 ¼ cups Quaker® Oats (quick or old fashioned, uncooked)
- 1/4 cup almond flour or oat flour (see note)
- 1/2 to 1 tsp pumpkin pie spice
- 3/4 cup pureed pumpkin
- 2 tbsp honey

## How to make it

1. Place oats, almond flour, and pumpkin pie spice in large bowl; stir to blend well.
2. Add combined pumpkin and honey.
3. Stir until ingredients are well blended.
4. If desired, add salt to taste preference.
5. Shape into 24 (about 1 inch diameter) balls (3 bites per serving).
6. Refrigerate, covered, until chilled.
7. Store leftovers in refrigerator, covered.



PREP  
TIME  
10 min



COOK  
TIME  
0 min



TOTAL  
TIME  
10 min



SERVINGS  
8

## Made with



Quaker® Oats-Old Fashioned