

# Quick No Bake Oatmeal Energy Bites

## Ingredients

- 1/2 cup Quaker® Oats-Old Fashioned
- 1/2 cup almonds
- 1/4 cup cashews (optional)
- 2 tbsp unsweetened shredded coconut (desiccated)
- 2 tbsp chia seeds
- 1/2 cup dried figs
- 1/2 cup dates
- 1 tsp cinnamon
- 2 tbsp honey

## How to make it

1. In a food processor, blend all the ingredients until it becomes a dough that is sticky when pressed with your fingers.
2. Scoop into desired size balls, roll and enjoy.
3. Store in an airtight container for up to 5 days.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	0 min	10 min	12

## Made with



Quaker® Oats-Old Fashioned