

INGREDIENTS

2 cups Old Fashioned Oats 1/4 cup Honey
1/4 cup Ground Flaxseed, Ground 1 teaspoon Vanilla Extract
3/4 teaspoon Ground Cinnamon 1 pinch Salt
1/2 cup Almond Butter 1 Green Apple

NUTRITION INFORMATION PER SERVING

Calories 162kcal	Sodium 58mg
Carbs 20g	Fiber 3.56g
Protein 4.61g	Added Sugar 5.8g
Total Fat 8g	Fruits 0.08 servings
Saturated Fat 0.93g	Vegetables 0 servings

Apple Cinnamon Cookie Energy Bites

🕒 20 MINS | 🍴 12 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

Method

- 1- In a large bowl, stir together the oats, flaxseed, one cup of grated apple, and cinnamon.
- 2 In another bowl or liquid measuring cup, stir together the almond butter, honey, vanilla, and pinch of salt until well combined.
- 3- Scoop the mixture into a tablespoon sized portion and use your hands to shape it into a ball. (slightly wet hands to keep the mixture from sticking).
- 4- Store your energy bites into an airtight container in the refrigerator. They will keep for 3-4 days.
- 5- Enjoy!

