

Apple Cinnamon No Bake Energy Bites

Yield: 28-30 bites

Ingredients:

1 1/2 cups pitted dates

1/2 cup rolled oats

1 cup dried apple slices

1/4 cup flaxseed meal

1/4 cup protein powder (vanilla or unflavored)

1 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

2 tablespoons pure maple syrup

Directions:

Add all ingredients to the bowl of a food processor. Pulse until completely blended.

Roll into balls.

Store in an airtight container.

Best stored in fridge and eaten cold.

serving size: 2 energy balls

