

Cindy's Apple Pecan Cake Treats
Whole Foods Nutrition with Cindy Olejar
www.wholefoodsnutrition.org

Makes 10 to 16 Scoops size of 1 to 2 Tablespoons

Ingredients

2 cups packed, peeled and chopped Chelan apples or your favorite apple
1 cup raw unsalted pecans
2 tablespoons almond butter
2 tablespoons unrefined coconut oil
½ teaspoon cinnamon

Directions

1. Place all ingredients in a food processor or durable blender and mix until well combined.
2. Usually the consistency is not solid enough to form into balls yet, so scoop the mixture into a glass covered container and put in the freezer for 1 to 2 hours or until the mixture is solid enough to form into balls.
3. Then use an ice cream scoop or spoon to scoop 1 or 2 tablespoons of the mixture, roll into a ball and enjoy!

Storing Instructions

Keep in an airtight container in the fridge for several days or freeze up to 3 months.



Freeze mixture until consistency is solid enough to form into balls.



Makes about 10 to 16 balls that are 1 to 2 tablespoon in size.