



No Bake Apple Cinnamon Bites

14 servings

15 minutes

Ingredients

- 1 cup Oats (quick or traditional)
- 1/4 cup Ground Flax Seed
- 1/2 tsp Cinnamon
- 1/3 cup Almond Butter
- 2 tbsps Raw Honey
- 1 Apple (peeled, cored and finely diced)

Nutrition

Amount per serving	
Calories	84
Fat	4g
Saturated	0g
Polyunsaturated	1g
Monounsaturated	2g
Carbs	10g
Fiber	2g
Sugar	4g
Protein	2g
Cholesterol	0mg
Sodium	1mg
Vitamin A	7IU
Vitamin C	1mg
Calcium	28mg
Iron	1mg
Vitamin D	0IU
Vitamin E	1mg

Directions

- 1 Combine oats, ground flaxseed and cinnamon together in a bowl. Mix well. Add almond butter, honey and diced apples. Mix well again.
- 2 Roll the dough into balls about the size of a golf ball. Wet hands before rolling to prevent sticking.
- 3 Place the bites on a plate and let sit in the fridge for at least 30 minutes to firm. Then transfer to an airtight container and store in the fridge for 3 to 4 days. Enjoy!

Notes

Vegan: Use maple syrup instead of honey.

Nut-Free: Use sunflower seed butter instead of almond butter.

Serving Size: One serving is equal to one ball.