



Apple Energy Bites

10 servings

- ¹/₂ cup creamy nut butter (peanut, soy, almond, etc.)
- 1 medium-sized apple, gently rubbed under cold running water, diced finely (1 cup diced)
- 1 Tablespoon lemon juice
- 1 1/2 cups quick or old-fashioned rolled oats
- 1 Tablespoon honey
- 1/2 teaspoon ground cinnamon
- Cooking spray
- 1. Wash hands with soap and water.
- 2. Add peanut butter to a microwave safe mixing bowl and microwave for 20 seconds until just soft.
- 3. In a large mixing bowl, combine diced apples and lemon juice. Stir until combined.
- 4. Add softened peanut butter, oats, honey, and cinnamon. Stir until mixed well.
- 5. Spray cooking spray on one hand. Rub hands together.
- 6. Using a spoon to portion out a small amount, roll mixture into 20 balls and serve.
- 7. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (2 bites): Calories 150, Total Fat 7g, Saturated Fat 1g, Cholesterol 0mg, Sodium 40mg, Total Carbohydrates 16g, Fiber 3g, Total Sugars 5g, includes 3g Added Sugars, Protein 4g, Vitamin D 0%, Calcium 0%, Iron 6%, Potassium 2%.

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