

Apple Energy Bites

10 servings

- ½ 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%.