



Almond Butter Energy Bites with Maple Syrup



SERVINGS

8



COOKING TIME

0 min

Almond Butter Energy Bites with Maple Syrup is the perfect recipe to prep for snack time with. This make ahead recipe makes 24 1-inch energy bites. Whether the kids take them to school, you grab one on your way out the door, or you would like a bite between meals, this simple and sweet recipe is just what you want.

Ingredients

- 2 ¼ cups [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 3 tbsp almond flour or oat flour (see note)
- 1/4 cup almond butter
- 3 tbsp maple syrup
- 2 tbsp apple juice
- 2 tbsp water
- 1 tbsp sliced almonds, chopped, toasted if desired

Cooking Instructions

1. Place oats and almond flour in large bowl; stir to blend well.
2. Add combined almond butter and syrup.
3. Stir until ingredients are well blended.
4. Add apple juice and stir to combine ingredients, adding water as needed for shaping consistency.
5. If desired, add salt to taste preference.
6. Shape into 24 (about 1-inch diameter) balls (3 bites per serving).
7. Spread chopped almonds on waxed paper in single layer.
8. Gently press top of each ball into almonds.
9. Refrigerate, covered, until chilled.
10. Store leftovers in refrigerator, covered.

Cook Note:

To make oat flour, place 3 tablespoons Quick or Old Fashioned Oats in blender or food processor. Process until finely ground.