



# Apple Cinnamon Energy Bites



**SERVINGS**

2 bites per



**COOKING TIME**

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When fall rolls around and you're looking for a perfect snack, this recipe for Apple Cinnamon Energy Bites is a must try. Made with fresh apples, warm cinnamon, and crunchy walnuts, these energy balls are a bite full of autumn flavors.

## Ingredients

- 1 1/2 cups [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1 1/2 cups pitted dates
- 2 teaspoons flax seeds
- 1 cup apple peeled and chopped fine
- 1 teaspoon cinnamon
- 1/2 cup walnuts
- 2 tablespoons honey
- 1/4 cup walnuts, finely chopped
- Pinch of sea salt

## Cooking Instructions

1. Place all ingredients in the bowl of a food processor.
2. Blend until ingredients form a sticky ball.
3. If desired, add salt to taste preference.
4. With slightly wet hands, roll a tablespoon of mixture into a tight ball.
5. Roll in additional chopped walnuts.
6. Refrigerate, covered, until chilled.
7. Store leftovers in refrigerator, covered.