



Honey Vanilla Oatmeal Energy Bites

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8

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Light and fresh flavors in a bite-sized form. There is no baking required for our yummy Honey Vanilla Oatmeal Energy Bites. When you're looking for a homemade snack or one you can prep at the beginning of the week, this recipe is both unique and easy to make.

Ingredients

- 2 ½ cups [Quaker® Oats \(quick or old fashioned, uncooked\)](#), divided
- 1/2 cup pitted dried plums (prunes) or dates
- 2 tbsp honey or agave nectar
- 1/2 tsp vanilla extract
- 1/2 cup Quaker® Oat Bran
- 1/2 cup Tropicana Pure Premium® Orange Juice with Calcium + Vitamin D (No Pulp)

Cooking Instructions

1. Place 2 cups oats in large bowl.
2. Place plums in food processor or blender; process until blended.
3. Add honey and vanilla; process to blend well.
4. Add oat bran and remaining 1/2 cup of oats; process until well combined.
5. Add puree mixture and orange juice to oats.
6. Stir until well blended.
7. Shape into 24 (about 1-1/4-inch diameter) balls (3 bites per serving).
8. Refrigerate, covered, until chilled.
9. Store leftovers in refrigerator, covered.