



No Bake Apple Cinnamon Bites

14 servings

15 minutes

Ingredients

1 cup Oats (quick or traditional)
1/4 cup Ground Flax Seed
1/2 tsp Cinnamon
1/3 cup Almond Butter
2 tbsps Raw Honey
1 Apple (peeled, cored and finely diced)

Nutrition

Amount per serving	
Calories	84
Fat	4g
Saturated	0g
Trans	0g
Carbs	10g
Fiber	2g
Sugar	4g
Protein	2g

Directions

- 1 Combine oats, ground flaxseed and cinnamon together in a bowl. Mix well. Add almond butter, honey and diced apples. Mix well again.
- 2 Roll the dough into balls about the size of a golf ball. Wet hands before rolling to prevent sticking.
- 3 Place the bites on a plate and let sit in the fridge for at least 30 minutes to firm. Then transfer to an airtight container and store in the fridge for 3 to 4 days. Enjoy!

Notes

Vegan, Use maple syrup instead of honey.

Nut-Free, Use sunflower seed butter instead of almond butter.

Serving Size, One serving is equal to one ball.

Immune Boosting Snack, Cinnamon, honey and apples make this an immune-boosting powerhouse! Ginger has been used forever by many cultures for its strong anti-inflammatory and antioxidant effects that support immune health.