



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

APPLE PIE ENERGY BITES



INGREDIENTS

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| 2 cups old-fashioned rolled oats | 1/2 cup almond butter |
| 1 teaspoon ground cinnamon | 1 teaspoon vanilla extract |
| 2 tablespoons ground flaxseed | 2 tablespoons honey |
| 1/2 teaspoon salt | 1/4 cup unsweetened, dried cranberries |
| 1 tablespoon chopped hazelnuts | 1 cup grated granny smith apple tossed
with 1 teaspoon lemon juice |
| 1 tablespoon chopped walnuts | |
| 1/2 teaspoon allspice | |

DIRECTIONS

1. Stir together oats, cinnamon, flaxseed, salt, hazelnuts, walnuts, and allspice.
2. Stir almond butter, honey, and vanilla extract together. Mix with oat mixture until fully combined.
3. Stir apples and dried cranberries with oat and nut butter mixture until fully combined.
4. Using your hands or a tablespoon, form balls with the oat and apple mixture. Store the energy bites in your fridge in an airtight container for up to 4 days.

Nutrition: Calories 1,888, Fat 96g, Protein 53g, Carbohydrate 226g, Sodium 1,193 mg.