

# Healthy Recipes



## No Bake Apple Bites

## Nutritional Info



Serving Size: 1 Ball

Calories: 88

Fat: 4g

Carbohydrates: 11g

Sugar: 4g

Sodium: 1mg

Fiber: 2g

Protein: 3g

Cholesterol: 0mg

## Method

**Prep time: 15 minutes**

**Total time: 15 minutes**

**Makes: 14 Servings**

1. Combine oats, ground flax seed 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!

## Ingredients

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

**Helpful Hint:** *This snack is delicious and very simple to make. A few simple swaps are maple syrup instead of honey or peanut or sunflower seed butter instead of almond butter.*

