

Apple Cinnamon Energy Bites

Hands-on Time:

10 Minutes

Chill Time:

30 Minutes

Ingredients:

1 1/2 Cups of Old Fashioned Oats

3/4 Cup Peanut Butter

1 Cup of Granny Smith Apple (grated)

1 -2 scoops of your favorite protein powder
(I'm a big fan of Cafe Latte Shakeology)

1/2 Cup of Sliced Almonds

1/3 Cup Ground Flax Seed

1/3 Cup Honey

2 Tablespoons of Chia Seeds

1/2 Teaspoon of Cinnamon

1/2 Teaspoon of Nutmeg

1/2 Teaspoon of Vanilla Extract

Servings:

18-20 Balls

Total Time:

10 Minutes +

Directions:

Stir all ingredients together in a until completely combined. Roll the mixture into 2 inch balls.

Place in the freezer for about 10 minutes and then move to the fridge. These will keep for up to one week (or you can freeze them for longer.) They never last more than 5 days in my house!

Other ingredients you might want to try adding/substituting:

- walnuts
- dried fruits (craisins, raisins)



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