



## 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
Carbs	10g
Fiber	2g
Sugar	4g
Protein	2g
Cholesterol	0mg
Sodium	1mg
Vitamin A	7IU
Vitamin C	1mg
Calcium	28mg
Iron	1mg
Vitamin D	0IU
Folate	5µg
Vitamin B12	0µg
Selenium	2µg

### 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.