

Apple Cinnamon Cookie Energy Bites

With fresh red apples, oats and sunflower butter, these no-bake Apple Cinnamon Cookie Energy Bites are a healthy snack that's perfect for all ages!

Ingredients

- 2 cups old-fashioned oats
- ¼ cup ground flaxseed meal
- ¾ teaspoon cinnamon
- ½ cup almond butter (or substitute sunflower butter)
- ¼ cup plus 1 tablespoon honey
- 1 teaspoon vanilla extract
- pinch of salt
- 1 cup (not packed) grated apple (about 1 medium)

Directions:

1. In a large bowl, stir together the oats, flaxseed meal and cinnamon. In another bowl stir together the almond butter, honey, vanilla and a pinch of salt until well combined. Pour over the oat mixture and stir until everything is evenly coated (you can use your hands as a good way of making sure it's all well mixed). Stir in the grated apple.
2. Scoop the mixture into tablespoon-sized portions and use your hands to squeeze it together into a ball. Slightly wet hands will help to keep the mixture from sticking.
3. Store the energy bites in an airtight container in the refrigerator. They will keep for 3-4 days.

