



# No Bake Apple Cinnamon Energy Bites

**A sweet treat without the sugar crash**

1 cup rolled oats

½ cup almond butter

¼ cup honey or maple syrup

½ cup finely chopped dried apples

1 tsp cinnamon

1 tsp vanilla extract

Mix all ingredients in a bowl. Roll into small balls about 1 tablespoon size each. Chill in fridge for 30 minutes. Store in an airtight container for up to a week.

Live well and happy prepping!



**Julie Hartley, RDN**

