

Recipe

Sweet apple energy bites Makes 12 servings | Prep: 10 min | Cook: 5 min



Ingredients

- 1 cup pitted dates
- 1 cup oats
- ¼ cup pumpkin seeds
- 1 tsp cinnamon
- ½ cup finely chopped apple

Preparation

Soak dates in boiling water for 5-10 minutes until softened. While the dates soak, add oats, pumpkin seeds and cinnamon to a food processor. Blend until ground. Add the dates, blend until mixture is sticky. Transfer to a bowl and mix in apple. Roll dough mixture into 12 balls. Store in the refrigerator or freezer.

Nutrition information per serving Serving size: 1 ball



Calories: 89 | Total fat: 2 g | Saturated fat: 0 g | Sodium: 1 mg | Cholesterol: 0 mg | Total carbs: 18 g | Fiber: 2 g
Sugars: 11 g | Protein: 2 g | Potassium: 156 mg

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