

# APPLE CINNAMON ENERGY BITES

FROM THE KITCHEN OF DBC ERICA S.

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## INGREDIENTS

- ½ cup Almond Butter
- 5/16 cup honey
- 2 cups oats
- ¾ tsp. cinnamon
- Pinch of salt
- 1 tsp vanilla extract
- ¼ cup of flaxseed ground
- 1 cup grated apple

## DIRECTIONS

1. Combine in a bowl.
2. Roll into bite sized balls.

