



ERICA'S APPLE CINNAMON ENERGY BITES

INGREDIENTS:

- ½ c. Almond Butter
- ¼ c. Honey
- 2 c. Oats
- ¾ tsp. Cinnamon
- Pinch of Salt
- 1 tsp. Vanilla Extract
- ¼ c. Ground Flaxseed
- 1 c. Grated Apple

DIRECTIONS:

1. Combine all of the ingredients in a bowl.
2. Roll into bite sized balls.