

## Super Apple Cinnamon Bites



### Prep:

10 minutes

### Total:

30 minutes

### Makes:

15 servings

### Utensil:

Cookie Sheet (12 ½ x 15 ½)

Food Processor

**Rate** ★★★★★

### Recipe:

### Contributed By:

Marni Wasserman

Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic plant-based diet that is both simple and delicious.

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### Recipe Description:

These bites are not only filled with long lasting quality “energetic” ingredients like oats, dates, coconut oil and apples, but they are also high in fiber and gluten free. They make a great snack to take to school and are also great for a breakfast on the go!

1 ⅓ cups  
dates  
(196  
g)  
½ cup  
ground flaxseeds or hempseeds  
(56  
g)  
½ teaspoon  
ground cinnamon  
(1  
g)  
2 tablespoons  
flax oil or coconut oil  
(30  
mL)  
½ cup  
dried apple pieces, coarsely chopped  
(43

g)  
2/3 cup  
oat flakes  
(104  
g)  
2 tablespoons  
apple butter (or honey)  
(34  
g)  
crushed sunflower, hemp, or pumpkin seeds

**Directions:**

1. Place dates in food processor and blend until you form a thick paste. Place in large bowl.
2. Stir in flaxseeds, ground cinnamon, dried fruit, oil and apple butter using a fork or your hands to combine; add oats last.
3. Form mixture in to small balls by the teaspoon-full. Roll each ball in sunflower or pumpkin seeds.
4. Place balls on cookie sheet or in a container and refrigerate or freeze – they taste great right from the freezer!

**Calories:** 132  
**Fat:** 6g  
**Saturated Fat:** 1g  
**Cholesterol:** 0mg  
**Sodium:** 4mg  
**Carbohydrate:** 19g  
**Fiber:** 3g  
**Sugar:** 11g  
**Protein:** 3g

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