

SNACKS

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WASHINGTON APPLE ENERGY BALLS

A perfect pick-me-up snack for any time of the day!

SERVINGS:

4

PREP TIME:

10 minutes

INGREDIENTS:

- ☐ 1 Washington Apples (Gala), peeled and sliced

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1. Combine apple, half cup of oat flakes, dates and cinnamon powder in a food processor. Process until the mixture turns into a sticky dough.
2. Scoop into 1-tablespoon portions and roll into balls. Roll the balls in the remaining oat flakes to cover on all sides.
3. Serve immediately or store in an airtight container in the fridge for up to 5 days.

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