

cinnamon caramel apple energy bites

MAKES 16 bites

RECIPE FROM: [Cupcakes and Kale Chips](#)

PREP TIME: 10 to 15 minutes

½ cup pitted dates

1 cup dried apples (not freeze dried) with no added sugar

½ cup chopped almonds or unsweetened shredded coconut

½ tsp cinnamon

COMBINE all of the ingredients in a food processor and process until it forms a thick paste.

USING about a tablespoon of the mixture, roll into bite-sized balls.

STORE in a sealed container in the fridge for up to a week, or in the freezer for an even longer shelf life.

ENJOY 1-2 bites for a snack or sweet treat.

