

Apple Oatmeal Snack Balls

Prep Time: 20 minutes

Cook Time: 20 minutes

Total Time: 40 minutes

Servings: 15 snack balls

Serving Size: 1 snack ball

Ingredients:

1 cup whole rolled oats or gluten free rolled oats
1/2 cup (packed) coarsely grated peeled apple (I love pink lady and honey crisps, but gala or fuji varieties will work just as well)
1/3 cup creamy unsweetened almond butter**
1/4 cup unsweetened applesauce
2 tablespoons ground flaxseed
2 tablespoons 100% pure maple syrup
1 teaspoon ground cinnamon
1/4 teaspoon baking soda
1/4 teaspoon salt
1/4 cup raisins (optional)

Directions:

1. Preheat oven to 350 degrees F and line baking sheet with parchment paper.
2. In a large bowl, combine all ingredients (except raisins if using), and stir well to form a mass of 'dough'.
3. Stir in raisins, if using.
4. Using moist hands roll a heaping tablespoon size piece of dough into a ball and place on baking sheet lined with parchment paper.
5. Bake for 15-20 minutes or until lightly golden.
6. Cool completely and store in an airtight container in the refrigerator.

Tips and Tricks:

This simple, healthy dessert is sure to become a family favorite! Serve them by themselves as a snack or small dessert or try chopping them over your choice of ice cream for a new twist.

**unsweetened sunflower butter works great as a nut free substitute.

Nutritional Information Per Serving:

Calories: 71
Fat: 3.5 g
Cholesterol: 0
Sodium: 60.4 mg
Total Carbohydrate: 9.1 g
Dietary Fiber: 1.9 g
Sugars: 3.8 g
Protein: 1.8 g