



## No Bake Apple Cinnamon Bites Hemp Hearts

14 servings

15 minutes

### Ingredients

- 1 cup Oats (quick or traditional)
- 1/4 cup Ground Flax Seed
- 1/2 tsp Cinnamon
- 1/2 cup All Natural Peanut Butter
- 2 tbsps Raw Honey
- 1 Apple (peeled, cored and finely diced)
- 3 tbsps Hemp Seeds

### Nutrition

Amount per serving	
Calories	114
Fat	7g
Saturated	1g
Carbs	11g
Fiber	2g
Sugar	5g
Protein	4g
Cholesterol	0mg
Sodium	2mg
Vitamin A	8IU
Vitamin C	1mg
Calcium	14mg
Iron	1mg

### Directions

- 1 Combine oats, ground flaxseed and cinnamon together in a bowl. Mix well. Add peanut butter, honey and diced apples. Mix well again.
- 2 Roll the dough into balls about the size of a golf ball. Wet hands before rolling to prevent sticking.
- 3 Place the bites on a plate and let sit in the fridge for at least 30 minutes to firm. Then transfer to an airtight container and store in the fridge for 3 to 4 days. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to seven days. Freeze for up to three months.

**Serving Size:** One serving is equal to one ball.

**Vegan:** Use maple syrup instead of honey.

**Nut-Free:** Use sunflower seed butter instead of almond butter.