



## APPLE PIE ENERGY BITES

BY BREEZE BROWN, RD

### WHAT YOU'LL NEED:

- 1 ½ CUPS CHOPPED DRIED APPLE
- ½ CUP DATES
- ½ TBSP. HONEY OR BLUE AGAVE
- 1 TSP. NUTMEG
- 2 TBSP. CINNAMON
- ½ CUP TOASTED PECANS

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### PUTTING IT TOGETHER:

1. IN A FOOD PROCESSOR OR BLENDER ADD THE DRIED APPLES, DATES & HONEY - BLEND UNTIL THE APPLES HAVE BROKEN DOWN INTO VERY SMALL PIECES AND THE MIXTURE BECOMES LIKE BATTER.
2. ADD NUTMEG, CINNAMON & PECANS AND CONTINUE TO BLEND UNTIL DESIRED CONSISTENCY.
3. SCOOP OUT TABLESPOON SIZE AMOUNTS OF THE MIX AND ROLL BY HAND INTO BALLS.
4. STORE THE BITES IN THE FRIDGE IN A SEALED CONTAINER. THEY WILL LAST APPROXIMATELY ONE WEEK. PLACE IN FREEZER TO HAVE THEM LAST FOR OVER A MONTH.