

# Apple Pie Energy Bites

**Makes 16 bites**



## Ingredients:

1 cup apple chips  
12 Medjool dates  
¼ cup rolled oats  
½ cup almonds  
½ cup walnuts or pecans  
1 tablespoon ground flax seeds  
1 teaspoon cinnamon  
¼ teaspoon ground ginger  
Pinches of nutmeg

## Steps:

### Step 1:

Soak the dates in hot water for about 15 minutes before beginning. Save the water as you may need it. Make sure you have removed any pits, if applicable. Add all the ingredients to a food processor and pulse the mixture for 10 seconds. Scrape down the sides, then blend again until the mixture is fairly smooth, with a slight bit of texture. The dough will likely start to roll around the food processor when it is blended enough. If the dough is too dry, you can add in a tablespoon of the date water if needed.

### Step 2:

Scoop a ball using a medium cookie scoop and roll it in between your hands. Then place it on a parchment lined plate or baking tray. Continue this process until you've used up all the dough.

### Step 3:

Chill the balls for 30 minutes to firm up, then enjoy!