



No Bake GF Nut Free Apple Pie Energy Balls

These rich, filling treats taste just like apple pie, without the unhealthy refined sugar.

Ingredients

- 1 cup dried apple (not freeze dried)
- 1/2 cup medjool dates, pitted
- 1/2 cup rolled oats (we like Bob's Red Mill GF)
- 1/2 tsp. cinnamon
- 3 tbsp. chia seeds
- Shredded coconut (optional)

Instructions

1. Place all ingredients in a food processor. Process until the ingredients begin to form a thick paste (up to 1 minute). Stop and scrape the sides as needed.
2. Scoop 1 heaping tablespoon of mixture and roll into a ball between the palms of your hands and place on a tray. Dampen your hands with water or use disposable gloves to keep your hands from getting sticky. As an option you can roll the balls in shredded coconut to finish.
3. Refrigerate at least 1 hour to set. Store in the refrigerator up to 1 week or tightly wrap and freeze.

