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Apple Cinnamon Energy Bites ♦♦

These Apple Cinnamon Energy Bites are a healthy and delicious snack option. They are made with wholesome ingredients and packed with energy to keep you fueled throughout the day. The combination of apples and cinnamon gives them a warm and comforting flavor. They are perfect for on-the-go snacking or as a post-workout treat.

Recipe Type: Vegetarian

Prep Time: 20 mins

Cook Time: N/A

Total Time: 20 mins

Recipe Yield: 200 grams

Number of Servings: 10

Serving Size: 20 g

Ingredients

100 g	Rolled Oats
50 g	almond butter
30 g	honey
50 g	Dried Apples
1 tsp	Cinnamon

1 tsp vanilla extract

Directions

Step 1

Blending

In a food processor, blend the rolled oats until they form a fine powder.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

Add the almond butter, honey, dried apples, cinnamon, and vanilla extract to the food processor.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Blending

Process the mixture until it forms a sticky dough.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Using your hands, roll the dough into small bite-sized balls.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Refrigerating

Place the energy bites in an airtight container and refrigerate for at least 1 hour before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 6 g

Protein: 3 g

Carbohydrates: 14 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	14 g	25.45%	28%
Fibers	2 g	5.26%	8%
Sugars	7 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	0 iu	0%	0%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	10 mg	0.43%	0.43%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	100 mg	2.94%	3.85%
Zinc	4 mg	36.36%	50%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas

Game Day

Kitchen Tools

Slow Cooker

Course

Snacks

Diet

Vegetarian Diet

Pescatarian Diet

Anti-Inflammatory Diet

Gluten-Free Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The 80/10/10 Diet

The Scarsdale Diet

The 3-Day Diet

The CICO (Calories In, Calories Out) Diet

The Eat-Clean Diet

The Peanut Butter Diet

The Bulletproof Diet

The Carnivore Diet

The Dukan Diet

Meal Type

Snack

Supper

Difficulty Level

Medium

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