

# Apple & Peanut Butter Energy Balls

## INGREDIENTS

- $\frac{1}{4}$  cup creamy peanut butter
- 2 tablespoons maple syrup
- $\frac{2}{3}$  cup unsweetened applesauce
- 2 teaspoons cinnamon
- 2 cups quick oats
- $\frac{3}{4}$  cup rolled oats
- 1 teaspoon vanilla extract, optional
- $\frac{1}{2}$  cup pecans, chopped, optional

10 SERVINGS

15 MINUTES



Adapted from:  
[lifemadesweeter.com](http://lifemadesweeter.com)



# Apple & Peanut Butter Energy Balls

## INGREDIENTS

- $\frac{1}{4}$  cup creamy peanut butter
- 2 tablespoons maple syrup
- $\frac{2}{3}$  cup unsweetened applesauce
- 2 teaspoons cinnamon
- 2 cups quick oats
- $\frac{3}{4}$  cup rolled oats
- 1 teaspoon vanilla extract, optional
- $\frac{1}{2}$  cup pecans, chopped, optional

10 SERVINGS

15 MINUTES



Adapted from:  
[lifemadesweeter.com](http://lifemadesweeter.com)



## **PROCEDURE**

1. In a large bowl, combine peanut butter, maple syrup, applesauce, and vanilla extract, if using. Stir until well combined.
2. Add cinnamon, quick oats, rolled oats, and pecans, if using. Stir until combined.
3. Place dough in refrigerator for 30 minutes.
4. Using your hands or a cookie scoop, form dough tightly into 1 - 1.5 inch balls.
5. Serve or store in an airtight container in fridge or freeze until ready to serve!

## **PROCEDURE**

1. In a large bowl, combine peanut butter, maple syrup, applesauce, and vanilla extract, if using. Stir until well combined.
2. Add cinnamon, quick oats, rolled oats, and pecans, if using. Stir until combined.
3. Place dough in refrigerator for 30 minutes.
4. Using your hands or a cookie scoop, form dough tightly into 1 - 1.5 inch balls.
5. Serve or store in an airtight container in fridge or freeze until ready to serve!