

## Apple crumble energy balls



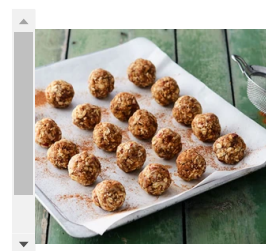
Prep: 10 mins  
plus chilling



Easy



makes 10



### Ingredients

50g oats

50g pitted dates (about 3)

50g ground almonds

2 tbsp almond butter

¼ tsp cinnamon, plus extra for dusting

30g dried apple slices

½ apple

### Method

**Step 1** Blitz 30g of the oats with the dates, ground almonds, almond butter, cinnamon, dried apple slices and a pinch of salt until roughly chopped and beginning to clump together. Grate in the apple, skin and all, then add the remaining oats and pulse until combined.

**Step 2** Roll into 10 balls and dust with a little more cinnamon. Put in the fridge for 30 mins to firm up. *Will keep in an airtight container in the fridge for up to five days.*

