

Apple Oat Balls

30 min, 6 servings

These sweet little mouthfuls of cheer take about a half hour to prepare, but they'll disappear faster than you can say "plant-based goodness forever."

1. Preheat the oven to 350°F.

2. SOAK DATES

Meanwhile, place **dates** in a medium-size heatproof bowl; add boiling **water** to cover. Let stand for 10 minutes. Drain **dates** very well.

3. TOAST OATS

Spread **oats** evenly on a baking sheet. Bake **oats** until lightly toasted, 9 minutes.

4. CHOP OATS

In a food processor (or high-powered blender), pulse $\frac{1}{4}$ cup **toasted oats** to coarsely chop. Remove **oats** from food processor; set aside.

5. PROCESS REMAINING INGREDIENTS

In the food processor (or high-powered blender), process soaked **dates**, **dried apples**, remaining $\frac{1}{2}$ cup **toasted oats**, **peanut butter**, **cinnamon**, and **cloves** until smooth.

6. MAKE APPLE OAT BALLS

Spoon 1 tablespoon portions of mixture onto wax paper. Moisten hands with **water** and roll each portion into a ball.

Place reserved chopped **oats** in a shallow bowl. Dip each ball in **water** then lightly roll in the **oats**.

7. SERVE

Place **apple oat balls** in an airtight container and chill in the refrigerator until ready to serve.

Suggested adult serving: 2 apple oat balls.

Ingredients

3 $\frac{1}{2}$ oz Medjool dates
soaked ($\approx\frac{1}{2}$ cup)

$\frac{3}{4}$ cup rolled oats

2 oz dried apples
($\approx\frac{1}{2}$ cup)

1 tablespoon creamy peanut butter

$\frac{1}{4}$ teaspoon ground cinnamon

1 pinch ground cloves

You'll Need

baking sheet

food processor (or high-powered blender)

wax paper

This recipe is from forksmealplanner.com

Photo by Green Evi

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