Wauwatosa Harvest of the Month

October

Apple

Apple Pie Energy Balls

- ¾ cup Medjool dates, pitted and chopped
- ½ cup rolled oats
- ½ cup chopped dried apples
- ½ cup unsweetened almond butter
- ¼ cup chopped pecans, toasted
- 1 tablespoon ground cinnamon

Directions

- Soak ¾ cup dates in a small bowl of hot water until softened, 5 to 10 minutes. Drain.
- Combine ½ cup oats, ½ cup dried apples, ½ cup almond butter, ¼ cup pecans, 1 tablespoon cinnamon and the soaked dates in a food processor; process until very finely chopped.
- Roll the mixture into 12 balls (about 2 tablespoons each). Refrigerate for at least 15 minutes or up to 1 week.

For more information call 414-479-8936 or visit www.wauwatosa.net/harvest