

Pecan Apple Bites

*Makes about 20 / Rich in protein, fiber, and complex carbs, these take-along treats are even healthy enough for breakfast. **Ingredient tip:** Find oat flour in the bulk or baking section of natural foods markets.*

2 cups pecans

1 cup oat flour

¼ cup ground flaxseed

¼ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

¼ teaspoon salt

2 tablespoons agave nectar or honey

⅔ cup apple butter

Place pecans in a food processor and process until roughly ground. Add oat flour, flaxseed, cinnamon, nutmeg, and salt; pulse to mix. Pulse in agave nectar until finely ground and mixture holds together (be careful not to overprocess or mixture will become too pasty).

Remove ⅓ cup and set aside. Stir apple butter into remainder. Roll into walnut-size balls and roll in reserved nut mixture. Cover and refrigerate 1-2 hours. Serve chilled.

PER SERVING: 111 cal, 63% fat cal, 8g fat, 1g sat fat, 0mg chol, 2g protein, 9g carb, 2g fiber, 29mg sodium