



Pumpkin Oatmeal Energy Bites

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8

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Looking for more ways to enjoy pumpkin this fall? Our recipe for Pumpkin Oatmeal Energy Bites is a bite-sized snack you can make ahead and enjoy throughout the week. With little prep time and no baking, you can enjoy this fall flavored snack in no time at all.

Ingredients

- 2 ¼ cups [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1/4 cup almond flour or oat flour (see note)
- 1/2 to 1 tsp pumpkin pie spice
- 3/4 cup pureed pumpkin
- 2 tbsp honey

Cooking Instructions

1. Place oats, almond flour, and pumpkin pie spice in large bowl; stir to blend well.
2. Add combined pumpkin and honey.
3. Stir until ingredients are well blended.
4. If desired, add salt to taste preference.
5. Shape into 24 (about 1 inch diameter) balls (3 bites per serving).
6. Refrigerate, covered, until chilled.
7. Store leftovers in refrigerator, covered.