

## GINGER OAT BITES



This recipe was inspired by a more complicated version from a gluten free cookbook. I'm all about making recipes simple, easy and healthy! These little raw bites are perfect for a pre-workout snack or anytime you crave something sweet – and the kids love them too ☐

Makes 12 balls

Prep Time: 5 minutes

### ***Ingredients:***

2/3 cup organic almonds, raw or toasted  
2/3 cup organic raw walnuts  
2/3 cup [old-fashioned rolled oats](#)  
2 teaspoons cinnamon  
1/8 teaspoon ground cloves  
4 teaspoons ground flax seeds\*  
2 teaspoons fresh grated ginger\*\*  
3 Tablepoons organic maple syrup  
1 Tablespoon almond milk  
Organic shredded coconut (optional)

### ***Putting it all together:***

- Combine almonds, walnuts, oats, cinnamon, cloves, ground flax seeds and ginger in a [food processor](#). Process until looks like coarse crumbs and then add the ginger, maple syrup and almond milk until the mixture sticks together and looks relatively smooth.
- Roll into balls and place on parchment-lined cookie sheet.
- Optional: roll balls in organic shredded coconut

- Can be eaten right away or chilled in the fridge. Keeps for approximately one week in an airtight container in the fridge.

### Notes:

\* Flax seeds are best and retain their nutritional value when purchased whole and ground up as needed. The best way to do this is with a simple inexpensive coffee grinder [like this one](#). Keep whole or freshly ground flax seeds in the freezer for freshness.

\*\*Use [this handy tool](#) for the easiest way to grate fresh ginger. Ground ginger spice will not give this recipe the same great flavor.

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