

# Pumpkin Spice Bites

Makes about 20 balls (SERVING SIZE 4 balls)

Recipe Courtesy of <https://www.blessthismessplease.com/no-bake-pumpkin-oatmeal-energy-bites/>

## INGREDIENTS

- 4 packets of plain instant oatmeal
- 1/2 cup peanut butter or sunbutter
- 1/2 cup canned pumpkin puree
- 1/4 cup maple syrup
- 1 tsp vanilla extract
- 1.5 tsp cinnamon

## INSTRUCTIONS

1. In a medium bowl, add 1.5 cups oats, nut butter, pumpkin, maple syrup, vanilla, and cinnamon. Stir to combine well. (The mixture should be soft but not too sticky). If overly sticky, add up to half a cup more oats.
2. Scoop large spoonfuls into your hand and roll into balls. Keep in the fridge for up to a week, or in the freezer for longer.

