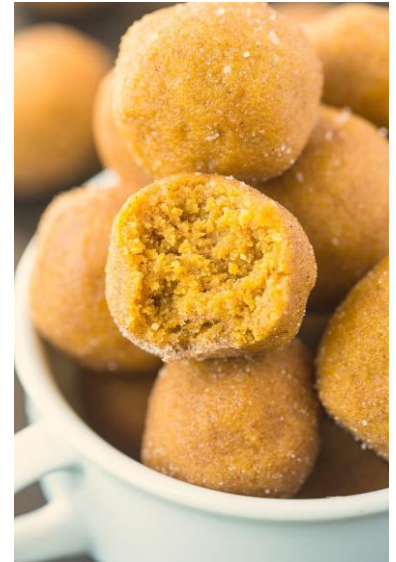


Healthy No Bake Pumpkin Spice Latte Bites

Easy, delicious cake-like bites which tastes exactly like a pumpkin spice latte but much healthier for you and only take 5 minutes to whip up!

Ingredients

- 2 cups oat flour (can sub for rolled oats, oat bran or quick oats)
- 2 T granulated sweetener of choice
- 1 T pumpkin pie spice (or a mix of cinnamon, nutmeg, allspice and a dash of ginger)
- 1/2 cup pumpkin puree
- 1 tsp vanilla extract
- 1/4 cup cashew butter (can sub for any nut butter)
- 1/4 cup honey (can sub for any sticky sweetener)
- 1 T + milk of choice
- Cinnamon and granulated sweetener of choice to coat bites in (optional)



Instructions

1. In a large mixing bowl, combine the flour, sweetener, pumpkin pie spice and mix well.
2. In a microwave safe bowl or stovetop, heat your nut butter with your sticky sweetener until combined. Mix in your vanilla extract. Pour your wet mixture and pumpkin into the dry mixture and mix well. Depending on consistency, either add milk or extra flour until a firm texture is formed.
3. Using your hands, form into small bite sized balls. Roll balls in optional cinnamon/sugar mixture and place on a baking tray or plate. Refrigerate for at least 10 minutes to firm up.

Nutrition (Serving Size: 2 balls or 1/16 of recipe): 97 calories, 3g protein, 16g carbohydrate, 3g total fat.

Adapted from www.thebigmansworld.com

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