

Nutty Matcha Energy Bites with Blueberries



Ingredients

- 2 ¼ cups Quaker® Oats (quick or old fashioned, uncooked)
- 1 tbsp matcha (green tea) powder
- 1/4 cup no-sugar added dried blueberries
- 1/2 cup unroasted, unsalted cashews
- 2 tbsp agave nectar or honey
- 1/2 cup water, as needed
- 2 tbsp unsalted pistachios, finely chopped

How to make it

1. Place oats, matcha powder and blueberries in large bowl; stir to combine.
2. Place cashews in food processor or blender; process until finely ground.
3. Stir into oat mixture.
4. Add agave nectar (or honey) and stir to combine well.
5. Add water, a small amount at a time, until oat mixture is moist enough to form into balls.
6. Shape into 24 (about 1-inch diameter) balls (3 bites per serving).
7. Roll lightly in chopped pistachios.
8. Refrigerate, covered, until chilled.
9. Store leftovers in refrigerator, covered.



PREP
TIME
10 min



COOK
TIME
0 min



TOTAL
TIME
10 min



SERVINGS
8

Made with



Quaker® Oats-Old Fashioned