



Ashley's Meal Prep Monday!



Sweet Potato Apple Bites

INGREDIENTS

- 1 cup grated sweet potato
- 1 pink lady apple, peeled and grated
- 1 cup old fashioned oats
- 1/4 cup melted coconut oil
- 1 TBSP maple syrup
- 1 TSP cinnamon
- 1 TSP vanilla
- 1/4 TSP nutmeg
- Pinch of salt
- 1 egg

*Pumpkin pie spice would also be good in these!



Preheat oven to 400 and line a cookie sheet with parchment paper.

Add sweet potato, apple and oats to food processor or in my case, a ninja mixer. Add in the rest of the ingredients. Blend until everything is well mixed.

Scoop out mix with an ice cream scooper and shape into small bites, about 2-3 inches wide.

Bake for 18-20 minutes Allow to cool before serving.



CARTWRIGHT'S
MARKET