Fruit & Granola Bites

1/3 cup nut butter or nut butter substitute
¼ cup maple syrup or agave nectar
2 egg whites
1 teaspoon pumpkin pie spice
1 ½ cup granola cereal
¼ cup dried fruit-raisins, cranberries, etc.

Preheat oven to 250 degrees. Spray mini muffin tin with cooking spray, set aside.

In bowl, using electric mixer, beat together nut butter and syrup until combined. Beat in egg whites and spice until smooth.

Stir in granola and fruit until well combined.

Divide mixture evenly among muffin tins.

Bake in preheated oven for about 45 minutes or until light golden and firm to touch. Let cool completely on wire rack before removing from pan. A small knife can be used to loosen bites from side of the pan. ENJOY!

Kierney Wallis
Grains
Wood
Intermediate