

## ENERGY BITES

### Cranberry Bites

#### Ingredients

- 2 cups rolled oats
- 1/2 cup sultanas
- 1/3 cup cranberries
- 1 tsp marmalade or orange peel (optional)
- 1/2 cup apple sauce

#### Method

Put oven on 364 F or 180 C

Put everything in a bowl and mix well.

Roll into small balls

Bake for 10 minutes or until golden brown.

### Date & Coconut Balls Recipe

#### Ingredients

- 1 cup pitted dates, roughly chopped (I substitute a few dates for prunes for a little extra sweetness)
- 1/2 cup shredded coconut
- 1/4 cup pumpkin seeds
- 2 tsp cacao or cocoa powder
- 2 tsp canola oil

#### Method

Place all of the ingredients into a food processor.

Blend until all ingredients are well chopped and combined.

Form into small balls and refrigerate.

### Spiced Fig Energy Balls

#### Ingredients

- 15 Figs, dried, uncooked
- 1/2 cup, pecans chopped
- 1/4 cup oats
- 1/4 tsp vanilla extract
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg
- 1/4 tsp ginger, ground
- 2 Tbsp. honey
- 2 Tbsp. sesame seeds

#### Method

Place all ingredients (except sesame seeds) in a blender or food processor. Blend well, scraping the sides of mixer at least once during blending.

Form into 1 inch balls and roll in sesame seeds. Enjoy immediately, or store in the refrigerator for later.

### Carrots balls

#### Ingredients

- 3-4 Shredded raw carrots
- 3/4 cup of your favorite nuts (I used sunflower seeds, because of the allergies)
- 7 dried figs (use your favorite fruit or anything you have on hand)
- 1/4 cup honey
- 1 cup unsweetened shredded coconut
- Some spices for example cinnamon or cocoa, these are optional.

#### Method

Put half cup of shredded coconut aside (we will use them for coating the balls)

Put all ingredients into a food processor and mix well for 2 minutes.

The mixture should be thick enough to form the balls. Roll the carrot balls into the shredded coconuts that you saved.

Refrigerate overnight (or at least for few hours) before eating.