



APPLE AND DATE BLISS ENERGY BITES SNACK

Yield: 3 Servings

Ingredients

Apple and Date Bliss Energy Bites

- 2/3 cup Pitted Dates
- 2/3 cup Quick Oats
- 2 1/2 teaspoons Dried Apple
- 5 tablespoons Sweetened Coconut Flakes, divided
- 1/2 teaspoon Vanilla Extract
- 2 3/4 teaspoon Water

Apple and Date Bliss Energy Bites Bento Box

- 6 Apple and Date Bliss Energy Bites
- 1 cup Celery, sliced into 1" sticks
- 2/3 cup Sunflower Seed Butter Spread

Procedures

Apple and Date Bliss Energy Bites

1. If dates are hard and dry, soak them in warm water for 15 minutes. Drain well prior to use.
2. Pour oats into a blender or food processor and process until they are a flour-like consistency.
3. Add the dried apple and 3/4 teaspoon of sweetened coconut flakes. Slowly add the dates and water. Add additional water as needed to ensure that the dough is sticky.
4. Once mixture is combined, portion dough into balls that are 2 tablespoons in size.
5. Coat with remaining sweetened coconut flakes.
6. Energy bites can be placed into a sealed storage container and stored in the refrigerator for 1-2 weeks or the freezer for up to 3 months.

Apple and Date Bliss Energy Bites Snack

1. Enjoy two ounces of sunflower seed butter spread and five celery sticks alongside two energy bites.

Nutrition Facts

Serving size 5.60 oz. (159 g)

Amount per serving
Calories 540

% Daily Value*

Total Fat 34g 45%

Saturated Fat 7g 35%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 270mg 10%

Total Carbohydrate 49g 20%

Dietary Fiber 9g 30%

Total Sugars 28g

Includes 7g Added Sugars 15%

Protein 16g

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 4mg 20%

Potassium 706mg 15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.