



Apricot Almond Bites

Store bites in an air-tight container in the refrigerator.

U.S.

1 1/2 cup	Almonds, sliced
3/4 cup	Coconut Flakes, unsweetened
1 1/4 cup	Apricots, dried, no sugar added
1/2 Tbsp	Vanilla Extract
1 Tbsp	Water

Metric

130g
55g
200 g
8mL
15mL

Preparation:

1. Gather all ingredients and equipment.
2. In a food processor or blender, pulse the almonds until a rough meal. Then add in 1/2 cup of the coconut flakes and pulse for a smaller sandlike texture.
3. Add the apricots, vanilla extract and water to the mixture. Blend until a consistent paste.
4. Take 3/4 Tablespoon of the mixture (about the size of a quarter) and form into a ball. Roll the balls in the remaining 1/4 cup of the coconut flakes. Place the bites onto a flat surface.

Nutrition Facts

18 Servings

Serving size **1 balls**

Amount per serving

Calories **100**

Total Fat	6 g
Saturated Fat	1.5 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	9 g
Dietary Fiber	3 g
Total Sugars	6 g
Includes 0g Added Sugars	
Protein	2 g
Vitamin D	0 %
Calcium	0 %
Iron	0 %
Potassium	100 mg
Phosphorus	0 mg
