

Apricot Energy Bites

Makes 10 servings | Prep time: 15 minutes | Chill Time: 15 minutes | Total Time: 30 minutes



Ingredients

- 7 whole pitted Medjool dates
- 8 whole unsweetened dried apricots
- ¼ cup raw almonds
- 1 cup old-fashioned oats (gluten-free if needed)
- 2 Tbsp unsweetened almond butter
- ½ tsp ground ginger
- 1 Tbsp lemon juice
- 1 tsp lemon zest
- 1 Tbsp honey
- ⅛ tsp salt
- Optional add-ins: 2 Tbsp vanilla protein powder, 1 Tbsp chia seeds, or 2 Tbsp ground flaxseed

Directions

- 1** In a food processor, blend dates, apricots, and almonds on high until they are evenly chopped in small pieces.
- 2** Remove fruit and nuts from the processor. Then add oats, almond butter, ginger, lemon juice and zest, honey, salt, and any add-ins. Blend again until a crumbly but sticky mixture forms. Return fruits to the processor and quickly pulse until well combined.
- 3** Using clean hands, press mixture into 20 evenly-sized balls (about 1 Tbsp each).
- 4** Chill in the refrigerator for at least 15 minutes before enjoying. Divide 10 servings (2 energy bites each) into snack-sized bags and store in the refrigerator or freeze.



Chef Tip:

Create new flavor combinations by using other dried fruits (like unsweetened raisins, cranberries, or blueberries), nut butters (like peanut butter, tahini, cashew butter), and/or liquid sweetener (like maple syrup). Use whatever you have on hand!



Nutrition information:

141 calories
24 g carbohydrates
2 g added sugar
3 g protein
4 g fat
0.5 g saturated fat
3 g fiber
36 mg sodium
32 mg calcium
1 mg iron
226 mg potassium
0 mcg vitamin D
*does not include optional add-ins