



A PROGRAM OF NATIVIDAD

Power Bites

INGREDIENTS

- 10-12 dates pitted and finely chopped
- 2 cups raw cashews finely chopped (alternatives/can use interchangeably or mix or substitute if there are allergies: pumpkin seeds, walnuts, almonds)
- 2 cups shredded coconut - for outer covering on bites
- 2 medium carrots
- 2 Tbsp. sunflower seed butter
- 1 cup shredded coconut
- 1 tsp. fresh ginger
- 1 tsp. vanilla
- pinch salt

**Ingredients can be put in a food processor or mixed by hand.*

DIRECTIONS

1. **If using a food processor**, run pitted dates first then separate in a bowl. Then run nuts/seeds and separate in a bowl. Next, mix fresh ingredients and spices in food processor. Once mixed, add in dates and nuts/seed mixture and pulse till combined into a doughy ball. If the mixture is too wet, add more chopped nuts/seeds and or dates to firm it up. Use a spoon to scoop out about 1 Tbsp. of mixture and form into a ball. Mixture will be sticky so you can roll it in coconut. Place on wax paper and eat immediately or refrigerate. Enjoy!
2. **If mixing by hand**, chop all ingredients finely. Mix all ingredients together until well mixed throughout. Use a spoon to scoop out about 1 Tbsp. of mixture and form into a ball and roll into coconut. Place on wax paper and eat immediately or refrigerate. Enjoy!



Recipe by **Chef Rondi Robison**
a **Certified Health Coach, AADP and Yoga Instructor, RYT**