



# Power Bites with Fresh Berries

## INGREDIENTS

- 10-12 dates pitted and finely chopped
- 1 cup raw cashews finely chopped (alternatives/can use interchangeably or substitute if there are allergies: pumpkin seeds, walnuts, almonds)
- 1 cup pumpkin seeds finely chopped
- 2 cups shredded coconut - for outer covering on bites
- 1/2 cup blueberries and/or strawberries (5-10 medium size) finely diced or smashed
- 2 medium carrots, use peeler to peel down then chop - optional
- lemon juice from 1 half lemon
- lemon rind from 1 lemon
- optional ingredients: chia seeds, flax seeds, sesame seeds, sunflower seeds, spinach, dried blueberries, cinnamon, ginger

*\*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!



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