



spring energy bites

prep time: 15 min

cook time: 0 min

servings: 24 bites

Ingredients:

- 1/2 cup raisins, soaked for 3 hours to plump and then rinsed
- 1 + 3/4 cup dried figs
- 1 cup organic dried apricots
- 1 cup chopped pitted dates
- 1/2 cup crunchy peanut butter
- 1/2 cup mini chocolate chips
- 1/2 tsp ground cinnamon
- 1/2 cup dried unsweetened shredded coconut

Note: use sulphate-free dried fruit when possible.

Directions:

1. Transfer the raisins to a food processor, then add the figs, apricots and dates. Process until finely chopped, about one minute.
2. Transfer the dried fruit mixture into a medium bowl and stir in the peanut butter, chocolate chips and cinnamon. If the mixture is too dry, add up to 2 tablespoons of water at a time to moisten.
3. Roll into 1-inch balls with wet hands (to prevent sticking). Roll each ball into a bowl of shredded coconut.
4. Store in an airtight container and can be refrigerated for up to 3 weeks.

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