



BLUEBERRY & LEMON ENERGY BITES

Ingredients:

- 8 oz dried blueberries
- 2-3 drops of lemon essential oil
- 1 cup old fashioned oats
- ¼ cup slivered almonds
- ¼ cup flax seed
- 2 tablespoons honey

Instructions:

1. Combine all ingredients in a food processor or blender and blend to create a paste.
2. The paste should be able to be rolled into tablespoon size balls.
3. If it is not forming a thick enough paste, add more honey.



SOURCE: [HTTP://THENYMELROSEFAMILY.COM/2015/02/BLUEBERRY-LEMON-ENERGY-BITES.HTML](http://thenymelrosefamily.com/2015/02/blueberry-lemon-energy-bites.html)

COCONUT-DATE ENERGY BITES

Ingredients:

- ½ cup cashews
- 10 medjool dates, pits removed
- ½ cup coconut, shredded, divided
- 1 Tbs coconut oil

Instructions:

1. Put cashews in a food processor and pulsate for 10 seconds.
2. Add pitted dates, ¼ cup coconut flakes, 1 tbsp. coconut oil and water. Process for a minute or until the mixture comes together and no big nuts or dates remain.
3. Scope 1 tablespoon of the mixture and roll in between hands to form a ball.
4. Put remaining shredded coconut in a bowl, and then roll the ball in the coconut. Place energy balls in a mini muffin liner and refrigerate for an hour and then serve. Store in refrigerator. Adjust the seasoning if needed.

SOURCE: [HTTP://WWW.SWEETPHI.COM/NO-BAKE-COCONUT-DATE-ENERGY-BITES/](http://www.sweetphi.com/no-bake-coconut-date-energy-bites/)

