

DRIED FRUIT ENERGY BITES

Portions: 15 to 16 bites

Preparation: 20 minutes

Refrigeration: 30 minutes

QUANTITY	INGREDIENTS	PREPARATION
DRY		<ol style="list-style-type: none"> 1. Line a baking sheet with parchment paper. 2. Chop the dried fruit. 3. In a medium bowl, combine all the dry ingredients. 4. Add the wet ingredients to the dry mixture. Blend. 5. Moisten your fingers and shape the mixture into balls. 6. Place the balls on the baking sheet and refrigerate for at least 30 minutes. 7. Keep refrigerated. <p>Note: If you have difficulty shaping the mixture into balls, refrigerate it for 30 minutes and try again.</p>
375 ml (1 ½ cups)	quick-cooking rolled oats	
125 ml (½ cup)	mixed dried fruit, chopped	
45 ml (3 tablespoons)	ground flax seeds	
60 ml (¼ cup)	chia seeds	
WET		
75 ml (5 tablespoons)	soy butter	
85 ml (⅓ cup)	honey	
2.5 ml (½ teaspoon)	vanilla	

