**Power Spheres**

This is a great snack after exercise. They are high in magnesium which is important for muscle recovery and bone health.

**Serves 25**

**Ingredients**

- ¾ cup dried apricots
- ¾ cup dried apples
- 4 brown rice cakes
- 1 cup shredded, unsweetened coconut
- ½ cup pumpkin seeds
- ½ cup sunflower seeds
- ½ cup rolled oats
- 1 ¼ cups maple or agave syrup.
- ½ cup peanut butter
- ¾ cup semi-sweet chocolate chips

**Directions**

1. In a food processor, pulse apricots, apples and rice cakes to a fine texture.
2. Transfer to a large bowl.
3. Next, pulse coconut, pumpkin seeds, sunflower seeds, and oats until well combined.
4. Add to fruit mixture.
5. Add syrup, peanut butter and chocolate chips.
6. Combine until well mixed and chill in the refrigerator for 1 hour.
7. Roll into golf ball sized spheres. Wrap and refrigerate for a quick snack on the go or after exercise.

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size 1 ball</th>
<th>Servings Per Container 25</th>
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**Amount Per Serving**

- **Calories**: 180 (80 Calories from Fat)
- **Total Fat**: 9g (14% Daily Value)
- **Saturated Fat**: 3.5g (18%)
- **Trans Fat**: 0g
- **Cholesterol**: 0mg (0%)
- **Sodium**: 40mg (2%)
- **Total Carbohydrate**: 24g (8%)
- **Dietary Fiber**: 2g (8%)
- **Sugars**: 16g
- **Protein**: 4g

**Vitamin A 0%** • **Iron 6%**

**Calcium 2%** • **Vitamin C 0%**

**Nutrients per serving at 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:**

- **Total Fat**: 65g
- **Saturated Fat**: 20g
- **Cholesterol**: 300mg
- **Sodium**: 2,400mg
- **Total Carbohydrate**: 300g
- **Dietary Fiber**: 25g

**Calories per gram:**

- **Fat**: 9
- **Carbohydrate**: 4
- **Protein**: 4

Please note: nutritional values are approximate.