

Power Spheres

This is a great snack to stay energized after exercise. These yummy treats are high in magnesium which is important for muscle recovery and bone health.

Serves 20



Ingredients

- ½ cup dried apricots
- ½ cup dried apples
- 3 brown rice cakes
- ¼ cup pumpkin seeds
- ¼ cup sunflower seeds
- ½ cup rolled oats
- ⅔ cups honey
- ¾ cup peanut or almond butter
- ½ cup shredded, unsweetened coconut
- ½ cup semi-sweet chocolate chips

Nutrition Facts

Serving Size 1 Sphere
Servings Per Recipe 20

Amount Per Serving

Calories 170 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

 Saturated Fat 3g **15%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 22g **7%**

 Dietary Fiber 2g **8%**

 Sugars 16g

Protein 4g

Vitamin A 2% • Vitamin C 0%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Directions

1. Combine apricots, apples and rice cakes in a food processor, and pulse to a fine texture.
2. Transfer mixture to a large bowl.
3. Next, pulse pumpkin seeds, sunflower seeds, and oats until well combined.
4. Add seed mixture to fruit mixture.
5. Add honey, nut butter, coconut and chocolate chips. to the seed and fruit mixture.
6. Stir until well combined 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.

