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
- ½ cups honey
- ½ cup peanut or almond butter
- ½ cup shredded, unsweetened coconut
- ½ cup semi-sweet chocolate chips

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.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size 1 Sphere</th>
<th>Servings Per Recipe 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 170</td>
<td>Calories from Fat 80</td>
</tr>
<tr>
<td>Total Fat 9g</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Saturated Fat 3g</td>
<td>14%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 15mg</td>
<td>1%</td>
</tr>
<tr>
<td>Total Carbohydrate 22g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars 16g</td>
<td></td>
</tr>
<tr>
<td>Protein 4g</td>
<td></td>
</tr>
</tbody>
</table>

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.

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

Please note: nutritional values are approximate.

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