

# Apricot Almond Bites



*These easy to make snack bites are the perfect sweet treat with fiber to help keep you feeling full between meals!*

<b>YIELD</b> <b>9 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>15 MIN</b>
-----------------------------------	----------------------------------	------------------------------------

## INGREDIENTS

1 ½ cup	Almonds, sliced
¾ cup	Coconut Flakes, unsweetened
1 ¼ cup	Apricots, dried, no sugar added
1 Tbsp	Water
2 tsp	Vanilla Extract

## CHEF'S NOTES

Store leftover bites in an air-tight container in the refrigerator for up to a week.

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a food processor or blender, pulse the almonds until a rough meal. Then add in ½ cup of the coconut flakes and pulse for a smaller sand-like texture.
3. Add the apricots, water, and vanilla extract to the mixture. Blend the mixture until it forms a consistent paste.
4. Take ¾ Tablespoon of the mixture (about the size of a quarter) and form it into a ball. Roll the balls in the remaining ¼ cup of the coconut flakes and shake off any excess. Serve at room temperature or chilled.

# Nutrition Facts

9 servings per container

**Serving Size** 2 bites (48 g)

Amount per serving

**Calories** 200

% Daily Value \*

**Total Fat 13g** 16%

Saturated Fat 2.5g 13%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 10mg** 0%

**Total Carbohydrate 19g** 7%

Dietary Fiber 5g 19%

Total Sugars 13g

Includes 0g Added Sugars 0%

**Protein 5g** 10%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 300mg 5%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from Health meets Food, "Apricot Almond Bites" (8/2/19)



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

