

Apricot Almond Bites



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

YIELD 12 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 15 MIN
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INGREDIENTS

1 ½ cup	Almonds, slivered
½ 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 coconut flakes and pulse until mixture resembles a sand-like texture.
3. Add the apricots, water, and vanilla extract to the mixture. Blend the mixture until it forms a sticky crumbly texture. The mixture should hold together when pinched between your fingers.
4. Take 1 tablespoon of the mixture and form it into a ball. Serve at room temperature or chilled.

Nutrition Facts

12 servings per container

Serving size 2 bites (36g)

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 10g 13%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 13g 5%

Dietary Fiber 4g 14%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 4g 8%

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 1.1mg 6%

Potassium 310mg 6%

* 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.

CONTAINS: ALMOND, COCONUT

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



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