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Wellness Ideas for Everyday Living.

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Nutty Lemony Bites

Makes about 24

Ingredients:

1 cup pitted dates, chopped
1/2 cup raw almonds
1/2 cup unsalted cashews
1 cup sunflower seeds
1/4 cup fresh lemon juice (about 2 lemons)
2 tsp lemon zest, grated
1/2 cup unsweetened dried coconut flakes

Directions:

1. Put all ingredients except coconut in a food processor and mix until ingredients form a ball.
2. With hands roll about 1 tablespoon of mixture into a ball and cover with coconut flakes.
3. Refrigerate or freeze until ready to serve.

Adapted from Whole Foods Market recipes (Lemon Treats)