



Apricot Almond Protein Bites

Store bites in an air-tight container in the refrigerator. If a sweeter flavor is desired, use half vanilla and half unflavored protein powder.

<u>U.S.</u>		<u>Metric</u>
1 cup	Almonds, sliced	130g
1/2 cup	Coconut Flakes, unsweetened	55g
2 scoops (50g)	Whey Protein Powder, unflavored	50g
1 cup	Apricots, dried, no sugar added	200 g
1 Tbsp	Vanilla Extract	8mL
1 Tbsp	Water	15mL

Preparation:

1. Gather all ingredients and equipment.
2. In a food processor or blender, pulse the almonds until a rough meal. Then add in 1/4 cup of the coconut flakes and protein powder and pulse until the mixture is a sand-like texture.
3. Add the apricots, vanilla extract, water to the mixture. Blend until the apricots have been cut into small pieces and the mixture will stick together if rolled into a ball.
4. Take 1 heaping tablespoon of the mixture (1 ounce or 28g) and form into a ball. Roll the balls in the remaining 1/4 cup of the coconut flakes and serve. Store leftovers in the refrigerator.

Nutrition Facts

13 Servings

Serving size **1 ball**

Amount per serving

Calories **120**

Total Fat	6 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	25 mg
Total Carbohydrate	11 g
Dietary Fiber	2 g
Total Sugars	5 g
Includes 0g Added Sugars	
Protein	6 g
Vitamin D	0 %
Calcium	0 %
Iron	0 %
Potassium	100 mg
Phosphorus	0 mg
