

## Ingredients

1 cup dried fruit

Dates are the best for making bites that will easily roll into a ball. Apricots add a nice tangy flavor. Cranberries add a festive color. Mix any fruits until you have one cup.

1/2 cup nuts or seeds

For a nut-free version, use sunflower seeds or pepitas. Nuts that work well are almonds, peanuts, cashews, pistachios, walnuts. If using a nut flour, reduce to 1/3 cup.

1-2 Tbsp flavor

Coconut, cocoa powder, candied ginger, ground ginger, cinnamon. (If using ground ginger and/or cinnamon, use 1 Tbsp of the spices combined — ie. 1/2 Tbsp ginger, and 1/2 Tbsp cinnamon)

1/2 cup freeze-dried fruit (optional)

Place fruit in process and process until powdered. Roll bites in powder. (Strawberries and raspberries make red balls.) You can also roll in coconut flakes.

## Instructions

- Grind nuts in food processor; transfer to large bowl.
- Grind dried fruit in food processor. Use spoon or spatula to loosen from sides of mixer bowl.
- Add ground nuts and flavoring. Process until mixture sticks together. Taste, and adjust flavor as needed.
- Transfer back to large bowl. Grab small amount. Squeeze together in your palm, then squeeze with fingertips.
- Finally, roll into a ball about the size of a marble. If using freeze-dried fruit coating, roll bites in powder for a fancy, tasty finish.

### Rooted Nutritional Nugget

Dates may taste like candy but their health benefits are far reaching, especially when it comes to gut health. Loaded with potassium, dates are great to bring along on outdoor adventures and they also help our body detoxify while we sleep!!

