



## Superfood Breakfast Bites

**Yield: 24 Bites**

**Cost Per Serving: N/A**

**Cook Time: 4 hours**

### Ingredients:

- $\frac{3}{4}$  cup pitted dates, soaked in hot water for 20 minutes, then drained
- $\frac{3}{4}$  cup raw walnuts, pecans, or cashew
- $\frac{3}{4}$  cup dried cranberries, apricots, apple slices, or other dried fruit
- $\frac{1}{4}$  cup sunflower seeds
- 2 Tbsp goji berries or barberries
- 2 Tbsp chia seeds or hemp hearts (hulled hemp seeds)
- 2 Tbsp ground flaxseeds
- $\frac{1}{2}$  tsp vanilla extract
- $\frac{1}{4}$  tsp ground cinnamon

### Directions:

1. In a food processor, combine the drained dates and nuts and pulse until the nuts are finely ground and the dates are incorporated.
2. Add the remaining ingredients and process until well combined. The mixture should be very sticky. If it seems too dry to hold together, add a little water, 1 Tbsp at a time. If the mixture is too wet, add a little more ground flaxseeds or some rolled oats.
3. Roll a heaping Tbsp of the mixture between the palms of your hands to form a 1-inch ball.
4. Transfer to a plate. Repeat until all the mixture has been rolled into balls.
5. Cover the plate with foil or parchment paper and refrigerate for 4 hours before enjoying.
6. Store in the refrigerator.