

HOLIDAY ENERGY BITES

A QUICK SNACK FOR A BUSY HOLIDAY SEASON



These easy to make vegan holiday bites are packed with energy and flavour. Giving you that little extra push to finish off the holiday gift wrapping and decorating or serve them as a healthier alternative dessert or appetizer at holiday dinner.

INGREDIENTS

- ½ cup Nuts to You Almond Butter
- 1 ½ tbsp Pure Pearce Farm raw honey
- 1 tsp Simply Organic almond extract
- 1 tsp Simply Organic Madagascar vanilla extract
- ⅓ cup ChiaFactors chia seeds
- 1 ½ cups Oak Manor rolled oats
- ½ cup Let's Do Organic finely shredded sweetened coconut
- 2-4 tbsp water
- 1 tsp ground Clef Des Champs Fennel Seed
- ⅓ cup Organic blanched almonds , finely chopped
- ½ cups Organic dried cranberries
- ½ cups Organic dried apricots

DIRECTIONS

1. In a large mixing bowl stir together the Nuts To You Almond Butter, Pure Pearce Farm raw honey, Simply Organic almond extract, and the Simply Organic Madagascar vanilla extract.
2. Add the ChiaFactors chia seeds, Oak Manor rolled oats, and Let's Do Organic finely shredded sweetened coconut until they are all evenly coated.
3. Add 2 Tbsp. of water. Stir in the ground Clef Des Champ Fennel Seeds, Organic almonds, Organic cranberries, and Organic apricots. If they mixture is not forming a large sticky ball add in more water 1tsp. at a time until sticky.
4. Place the bowl in the refrigerator for about 10minutes to until the mix is easier to handle. Remove from the refrigerator and using a tablespoon shape into 1-inch balls. Store in the fridge in an airtight container.

*NOTE: you can replace the ground Fennel Seed with 1tsp of Bob's Redmill Cacao Powder for a chocolate flavour instead.

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