ORCHARD-INSPIRED

Fruit & Nut Energy Bites
A SIMPLE, SWEET, NO-BAKE SNACK

MATERIALS NEEDED:
- Food processor
- Spatula & spoon
- Measuring cups
- Bowl
- Parchment Paper
- Cookie sheet or tray

HOW-TO / BASE BATTER:
- Soak 1 cup of raw almonds, walnuts or hazelnuts in water for 10 minutes. Drain and dry.
- In a food processor combine 1 cup of dried figs, 1 cup of the soaked, drained nuts, 1/4 tsp cinnamon, 1/8 tsp salt.
- Process until a thick paste forms as the batter.
- Spoon and roll into balls on a parchment-lined tray or press into bars to cut, serve, or wrap.

TRY THESE DELICIOUS COMBINATIONS!:

Prepare according to the recipe above, substituting the following ingredients:

- **APPLE PIE**: 1 cup dried apples, 1/4 cup dried figs, 1 cup walnuts, 1-1/2 tsp cinnamon, 1/8 tsp salt.
- **BLUEBERRY COBBLER**: 1 cup dried blueberries, 1/4 cup figs, 3/4 cup walnuts, 1/2 cup oats, 1/2 tsp lemon zest, 1/8 tsp salt.
- **CHERRY PIE**: 3/4 cup dried cherries, 1/4 cup dried figs, 1 cup almonds, 1 tsp cinnamon, 1/8 tsp salt.