



**PHILADELPHIA  
ORCHARD PROJECT**

# ORCHARD-INSPIRED Fruit & Nut Energy Bites

A SIMPLE, SWEET,  
NO-BAKE SNACK



Photos right to left:  
figs, almonds, hazelnut,  
energy balls, blueberries,  
energy bars, strawberries  
mint, dried apple, cherries

## MATERIALS NEEDED:

- Food processor
- Bowl
- Spatula & spoon
- Parchment Paper
- Measuring cups
- 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.

