

Coconut-Fruit-Seed Treats

1/ 2 cup dried unsweetened shredded coconut
1 cup sunflower seeds, ground (use a coffee grinder or mini food processor)
8-10 organic dried apricots, minced
1 /4 cup organic raisins
1/2 cup creamed coconut
a few dashes of stevia powder, to taste
few dashes of sea salt
1/2 tsp vanilla
1/2 cup of water, on standby

Mix all ingredients together, in small food processor until somewhat finely ground. Add about 1 tsp water and mix with spoon to get a moist consistency that will be easier to roll. Then roll into 1" balls, in extra shredded coconut to dust exterior.

Enjoy for dessert or snack!

*Andrea Bartels, NNCP, RNT Registered Nutritional Therapist
www.nutritionforottawa.com*