Cranberry Bliss Bites

About the Recipe

79 Calories · 2 g Protein · 1 g Fiber
Dessert

Ingredients

Makes 24 Servings

- 1 cup (120 g) dried cranberries
- 1/2 cup (70 g) raw unsalted unroasted pepitas
- 1/2 cup (73 g) raw unsalted unroasted sunflower seeds
- 1 cup (80 g) unsweetened shredded coconut
- 2 tablespoons (30 mL) lemon juice
- 2 tablespoons (30 mL) agave

Directions

1. Add the cranberries, pepitas, sunflower seeds, coconut, lemon juice, and agave to a food processor.
2. Process the ingredients until they are well combined, the cashews and cranberries have been broken down into small bits, and the mixture sticks together.
3. Create balls with 1 tablespoon of dough for each ball, rolling the tablespoon of dough in your hands to make the ball shape. Roll the balls in more coconut shred for a tasty coconut finish, if desired.NOTE: To get a little extra color on these and make them extra festive for the holidays, toss the coconut coating for the outside with a little bit of raspberry powder so it turns red. You can get raspberry powder at any health food store.

Nutrition Facts

Per serving:
Calories: 79
Fat: 5 g
    Saturated Fat: 2.3 g
    % Calories From Fat: 52 %
Cholesterol: 0 mg
Protein: 2 g
Carbohydrate: 9 g
Sugar: 6 g
Fiber: 1 g
Sodium: 3 mg
Calcium: 5 mg
Iron: 0 mg
Vitamin C: 0 mg
Beta-Carotene: 4 mcg
Vitamin E: 1 mg