



Superfood Sweetbites

Sweet treats with a power punch of healthy nuts

Nuts and Seeds Provide Vitamin E, Fighting off Age-Related Eye Problems

- 1/4 cup dried blueberries
- 1/4 cup dried mango, chopped
- 1/4 cup dried cherries
- 1/2 cup water
- 1 cup whole raw cashews
- 1 cup raw almonds
- 2 teaspoons ground cinnamon
- 1/8 teaspoon salt
- 1/2 cup pitted Medjool dates, halved
- 1 teaspoon vanilla
- 3/4 cup flaked coconut or as desired

1 teaspoon (each) unsweetened cocoa; matcha powder, powdered berries; grated dark chocolate or as desired

Place dried blueberries, chopped mango, and cherries in a microwave safe bowl; cover with water. cook at high power for 1 minute; set aside; let rest for 10 minutes. Drain fruit and set aside fruit liquid. Pat fruit dry with paper towels.

Place cashews, almonds, cinnamon, salt, dates, drained fruit, and vanilla in food processor. Chop to process until fine ground. Mixture should be able to form into balls. If mixture is too dry, add about 1-1/2 teaspoons reserved fruit liquid.

To prepare coating: Place 1/4 cup flaked coconut and 1 teaspoon powdered flavor ingredients like unsweetened cocoa, matcha, or berries. Combine powder ingredients with flaked coconut. You can also, eliminate the coconut and just coat with grated dark chocolate or leave them plain.

Using a 1/2 Tablespoon cookie scoop, form into balls. Roll into desired flavor coating covering it completely. Set aside on parchment covered pan. If you prefer, just roll into balls without a coating. Place snacks on parchment covered pan. Let dry or place in refrigerator to firm quicker. Serve as special sweet healthy snacks

Yield: about 25

Cook's Note: Super-Powders are the newest trend in the world of nutrition. They are healthy fruits, vegetables, seeds, or nuts that are processed into a powdered form and ready to use in any recipe. Some of the flavors include: acai, beet, turmeric, goji, spirulina, pomegranate. Currently, supporting research evidence of their extra power nutritional benefits wasn't available. although some people say it does help them with their nutritional needs. This product was promoted by Crave magazine January/February 2019 issue and can be purchased from Fresh Thyme Farmers Market.

Information Inspired by: Shared by Sheena G. recipe from Detoxinista.com and Fresh Thyme Crave Magazine

About the Recipe: I'm always excited about a new ingredient that can add extra nutrition to recipes. This one is special since the recipe is a smart way

to make a healthy choice for a sweet snack. They are actually fruit and nuts, that are rolled in flavorful ingredients, which contain high levels of vitamins, minerals, and other elements. What an easy way to incorporate a superfood into our diet!