



Granola Bites

Prep: 25 minutes plus chilling
Makes: 36 bites

- 2 tablespoons sliced almonds
- Nonstick cooking spray
- 1¾ cups quick oats
- ¾ cup finely chopped dried apples and/or apricots
- ⅓ cup dried blueberries, cherries and/or cranberries
- 2 tablespoons roasted, salted sunflower seeds
- 2 tablespoons coconut flakes
- ½ teaspoon ground cinnamon
- ½ cup soy nut butter
- ¼ cup honey
- ½ teaspoon vanilla or almond extract

- 1.** In small skillet, toast almonds over medium heat 4 to 5 minutes or until lightly browned, stirring frequently.
- 2.** Spray cookie sheet with nonstick cooking spray. In bowl of food processor with knife blade attached, process ¼ cup oats and almonds 15 seconds or to fine crumbs; transfer to medium bowl.
- 3.** In large bowl, combine dried fruits, sunflower seeds, coconut, cinnamon and remaining 1½ cups oats. Add soy nut butter, honey and extract, and stir until well combined and mixture begins to stick together.

- 4.** Using gloves or moist hands, form mixture into 1-inch balls, then coat lightly with almond-oat crumbs. Place on prepared cookie sheet and cover with plastic wrap. Refrigerate at least 4 hours or overnight to allow oats to absorb moisture.

Approximate nutritional values per serving (4 granola bites): 236 Calories, 8g Fat (31% of total calories), 2g Saturated Fat (8% of total calories), 0mg Cholesterol, 83mg Sodium, 35g Carbohydrates, 5g Fiber, 7g Protein

*Dietary Exchanges:
2 Starch; 1 Protein; 2 Fat*