



cranberries

Toasted Coconut Cranberry Energy Bites

A creative way to use Canadian-grown cranberries, lentils and flax seed in a delicious bite offering a well-balanced mix of protein, fibre and quality fats.

¾ cup (175 mL)	toasted coconut flakes, unsweetened
½ cup (125 mL)	dried cranberries
½ cup (125 mL)	cooked green lentils
2 Tbsp (30 mL)	honey
1 Tbsp (15 mL)	melted coconut oil or butter
¼ tsp (1.25 mL)	sea salt
½ tsp (2.5 mL)	vanilla extract or coconut extract, optional
¾ cup (175 mL)	almond meal, also known as almond flour
2 Tbsp (30 mL)	ground flax seed
¼ cup (60 mL)	chocolate chips, optional

- 1.** *Toast coconut: Place in non-stick pan over medium high heat and allow to heat for about 5 minutes or until golden and toasted in colour. Watch and stir while toasting. Set aside.*
- 2.** *Chop cranberries finely.*
- 3.** *In food processor, place lentils, honey, coconut oil, sea salt and vanilla extract. Blend well to puree lentils.*
- 4.** *Add toasted coconut and all remaining ingredients and process until texture of thick cookie dough. If you do not have a food processor, these can also be made by stirring vigorously in a large bowl.*
- 5.** *Scoop 1 tablespoon portions of the batter and roll into balls. Place on a parchment lined pan and allow to set in fridge for about 1 hour. If desired, garnish by rolling in toasted coconut before the energy bites go into the fridge or drizzle with melted chocolate after they have been refrigerated.*

Per serving (3 energy balls): 180 calories, 20 g carbohydrate, 3.3 g fibre, 11 g fat, 40 mg sodium, 5 g protein