



Energy Bites using Smoothie Booster

Yield: 12 servings

180 ml	Valley Kitchen Smoothie Booster	3/4	cup
125 ml	Raisins	1/2	cup
160 ml	Whole rolled oats	2/3	cup
125 ml	Cocoa powder	1/2	cup
125 ml	Sunflower seeds	1/2	cup
60 ml	Unsweetened coconut	1/4	cup
60 ml	Honey	1/4	cup
180 ml	Water	3/4	cup



Extra Smoothie Booster, cocoa powder, coconut or other favorite for dusting. I like to add a bit of sugar to the coating.

1. Combine all dry ingredients in a food processor. Pulse to chop.
2. Add the honey and water and pulse to blend.
3. Using a number 24 scoop (about 3 Tbsp each) scoop into 15 balls.
4. Place the selected dusting in a bowl with the optional sugar and roll to finish.
5. Place on a parchment lined cookie sheet and refrigerate overnight or freeze for a couple hours until set.

