

Energy Orbs

* recipe from the Planet Organic Cookbook

* *Gluten Free, dairy free, egg free*

½ cup dried, unsulphured apricots, minced
1 cup apples, peeled and minced
3 plain rice cakes, crushed
3 Tbsp. protein powder, plain
1/3 cup quick oats
1 cup coconut flakes, unsweetened
1 1/2 Tbsp. sunflower seeds
3 1/2 Tbsp. sesame seeds
1/3 cup almond butter
1/3 cup maple syrup
Extra coconut for rolling

In a food processor, chop apricots until minced. Set aside in a large bowl.

Process apples and mix with minced apricots. Add the remaining ingredients with the mixture until well combined.

Roll into ½" balls and toss in extra coconut to coat. Refrigerate for a couple of hours before servings.

Makes 4 dozen.

Benefits:

- High in a complete protein for sustainable energy and to stimulate/ regulate metabolism. Provides fibre to flush toxins from the bowels and controls blood sugar balance.
- A source of antioxidants, including vitamin A, C and E, as well as iron.
- Coconut is a source of caprylic acid, which is an antifungal, antibacterial, antimicrobial often used in the treatment for bacteria and parasites.