

NO BAKE B-BITES



Prep Time: 15 Min

Cook Time: 30 Min in Freezer

Serves: Makes 1 Dozen

Directions:

1. In a large S blade food processor, process walnuts and coconut until crumbly.
2. Add the dates, sea salt, vanilla, and spices. Pulse several times until crumbly and slightly sticky, be mindful to not over process as it will get too oily.
3. Add sunflower seed butter and pulse again carefully.
4. With a tablespoon, scoop the dough and roll them into balls. Sprinkle cardamom or cocoa powder on top.
5. Place them on a baking sheet and place them in the freezer for at least 30 minutes.
6. Store them in a glass sealed container for up to a week in the fridge or longer in the freezer!

Ingredients:

2 cups of walnuts

1 cup of shredded unsweetened coconut

2 cups of soft Medjool dates, pitted

1/3 teaspoon of sea salt

1/2 teaspoon of cardamom powder

1/2 teaspoon of cinnamon powder

SIMPLEVEDA

ayurveda & yoga

1 teaspoon of vanilla extract

2 tablespoons of sunflower seed or almond butter

As a mom, I am always looking for simple, healthy, and nutritious snacks for after school and these don't disappoint! How these made their way onto our website is a great simple story of friendship, community and sharing!

On occasion, you might find me preparing and cooking for yoga teachers and other healers who host retreats at Mariposa on the lake. As I was preparing for a weekend retreat, my assistant, Belen stopped by my house to help me prepare. I asked her to start prepping our sun balls as these are great mid-day energy snacks. She offered to make her version and of course, I was like, YAS!

We put some Ayurvedic touches on her easy, breezy 'belen or b-bites and we hope you'll enjoy these as much as we do!