

COCONUT ENERGY BITES



Tags: [Fall](#), [Pitta](#), [Spring](#), [Summer](#), [Winter](#)

Prep Time: 20 Min

Cook Time: 35 Min

Serves: Makes 2 Dozen

Directions:

1. In a dry sauté pan, over medium-high heat, dry roast the sunflower seeds and toss them frequently until they are slightly brown.
2. Grind the sunflower seeds in a blender to a coarse meal.
3. Mix all the ingredients (minus the 2 TBSP of coconut) together in a mixing bowl, press, and roll in the palm of your hand into 1 inch balls.
4. On a flat plate spread out the remaining 2 TBSP of coconut. Roll the balls into the coconut as a light coating garnish.

Ingredients:

1/2 C plus 2 TBSP raw, unsalted sunflower seeds
1/2 C plus 2 TBSP of Shredded, unsweetened coconut
3 TBPS raisins
1/4 cup of sunflower butter
1/2 tsp of coriander powder
1/2 tsp of cardamom powder
1/3 C maple syrup
1 tsp almond extract

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Are you looking for a healthy snack that's not going to aggravate the qualities of Vata; dry, light, and cold like granola or protein bars, chips, and popcorn?

These are a great healthy and moist alternative! Great for traveling, kids' sports outings, an after-school snack, or as a simple dessert!

You can keep these in an air-tight container in the fridge and enjoy them throughout the week.

Enjoy!