

Power Spheres

This is a great snack after exercise. They are high in magnesium which is important for muscle recovery and bone health.

Serves 25



Ingredients

- $\frac{3}{4}$ cup dried apricots
- $\frac{3}{4}$ cup dried apples
- 4 brown rice cakes
- 1 cup shredded, unsweetened coconut
- $\frac{1}{2}$ cup pumpkin seeds
- $\frac{1}{2}$ cup sunflower seeds
- $\frac{1}{3}$ cup rolled oats
- 1 $\frac{1}{4}$ cups maple or agave syrup.
- $\frac{1}{2}$ cup peanut butter
- $\frac{3}{4}$ cup semi-sweet chocolate chips

Nutrition Facts

Serving Size 1 ball
Servings Per Container 25

Amount Per Serving

Calories 180 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 40mg **2%**

Total Carbohydrate 24g **8%**

Dietary Fiber 2g **8%**

Sugars 16g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. In a food processor, pulse apricots, apples and rice cakes to a fine texture.
2. Transfer to a large bowl.
3. Next, pulse coconut, pumpkin seeds, sunflower seeds, and oats until well combined.
4. Add to fruit mixture.
5. Add syrup, peanut butter and chocolate chips.
6. Combine until well mixed and chill in the refrigerator for 1 hour.
7. Roll into golf ball sized spheres. Wrap and refrigerate for a quick snack on the go or after exercise.

Please note: nutritional values are approximate.

