



Posted on 8 March 2015

by Nisha Mehta

Apricot and Coconut No Bake Energy Bites



Ingredients

1 cup rolled oats (gluten free)
½ cup pitted dates
½ cup pitted, dried apricot
½ cup desiccated coconut

Preparation

- 1 1. Boil some water in a pan and remove from the stove.
- 2 2. Roughly chop the dates and apricot and soak in the hot water for 15-20 minutes.
- 3 3. Meanwhile, blend together the oats and coconut to form a grainy mix.
- 4 4. Once the dates and apricots have softened in the water, drain and add to the coconut mix.
- 5 5. Blend to form a dough-like mixture.
- 6 6. Remove from the blender and roll in the palms of your hand and to make 1 inch balls.
- 7 7. Refrigerate for 2-3 hours and then store in airtight container for up to one week.

Cooks Note

About the Reader: Nisha is a mother of two beautiful kids and was born a vegetarian. She loves to cook and enjoys bring the fun element to food and cooking exciting nutritious dishes especially for her kids.

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