VEGAN

GLUTEN FREE

No-bake Cashew Coconut Bites

By Katie Ferraro, MPH, RD, CDE

Servings: 15

Ingredients	Nutrient value per serving Serving Size = 1 bite
½ c. salted cashews 10 dates, pitted and coarsely chopped ½ c. sweetened, shredded coconut, divided 1 ½ T. coconut oil, divided 1 T. water	Exchanges ....½ starch ....1 fat Calories...100 Calories from Fat.......................................65 Total Fat..5 g Saturated Fat ....2 ½ g Cholesterol .... 0 mg Sodium...20 mg Carbohydrate ....15 g Fiber...1 g Sugar .... 12 g Protein...1 g

Instructions	Notes
1. Heat skillet over low-medium heat. Add cashews and toast until brown, about 5 min., stirring or shaking the pan constantly. 2. In a food processor, pulse toasted cashews 5-10 times or until very finely chopped. Add dates, ¼ c. shredded coconut, 1 T. coconut oil and water. Process for 30-60 sec. or until mixture forms and no large chunks of cashews or dates remain. Add additional ½ T. of coconut oil (if needed) to maintain moist texture. 3. Place remaining ¼ c. shredded coconut in a shallow bowl. Using your hands, roll cashew mixture into 15 individual balls. Roll each ball in remaining shredded coconut and place in mini cupcake paper. 4. Refrigerate at least 15 min. before serving.	Prep and cook time: 30 min. Note: All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change. These no-bake cashew coconut bites will satisfy even the sweetest sweet tooth. They work with low-carb meal plans and take just 30 min. to prepare. Place the balls in mini cupcake papers to keep them from sticking together. If you can't find dates, try prunes. *GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. Check the label on each ingredient to make sure the brand you are using does not contain these grains in any form (flour, bread stuffing, bran germ, malt, starch, etc.).*