

Serves 4 • Serving size: 3 power bites



PREP: 15 minutes

## Power BITES

2 cups dried dates  
 ½ cup quick cook oats  
 2 cups shredded coconut, divided  
 ½ cup chopped toasted sunflower seeds, pecans or walnuts  
 2 tbsp. sunflower or nut butter  
 1 tbsp. honey

1. Working in two batches, use the Power Chef® System, fitted with the blade attachment, to finely mince dates.
2. Add oats, ¼ cup of the coconut, pecans, nut butter and honey to dates in base of Power Chef® System. Cover and pull cord until well minced.
3. Transfer mixture to a medium bowl, roll into 1 7/8 cm balls and dredge in remaining shredded coconut.
4. Refrigerate, sealed in Snack Cup, up to 7 days.

**Nutritional Information (per serving):**

Calories: 490 Total Fat: 21g Saturated Fat: 11g Cholesterol: 0mg  
 Carbohydrate: 74g Sugar: 54g Fiber: 10g Protein: 8g Sodium: 30mg  
 Vitamin A: 2% Vitamin C: 0% Calcium: 8% Iron: 15%

TO DEMO



Power Chef® System

OPTIONAL



Measuring  
Cups

Measuring  
Spoons

