



## Granola Bites

**Prep: 25 minutes plus chilling**

**Makes: 36 bites**

- 2 tablespoons sliced almonds
- Nonstick cooking spray
- 1¾ cups quick oats
- ¾ cup finely chopped dried apples and/or apricots
- ⅓ cup dried blueberries, cherries and/or cranberries
- 2 tablespoons roasted, salted sunflower seeds
- 2 tablespoons coconut flakes
- ½ teaspoon ground cinnamon
- ½ cup peanut or soynut butter
- ¼ cup honey
- ½ teaspoon vanilla or almond extract

1. In small skillet, toast almonds over medium heat 4 to 5 minutes or until lightly browned, stirring frequently.
2. Spray cookie sheet with nonstick cooking spray. In bowl of food processor with knife blade attached, process ¼ cup oats and almonds 15 seconds or to fine crumbs; transfer to medium bowl.
3. In large bowl, combine dried fruits, sunflower seeds, coconut, cinnamon and remaining 1½ cups oats. Add peanut butter, honey and extract, and stir until well combined and mixture begins to stick together.
4. Using gloves or moist hands, form mixture into 1-inch balls, then coat lightly with almond-oat crumbs. Place on prepared cookie sheet and cover with plastic wrap. Refrigerate at least 4 hours or overnight to allow oats to absorb moisture.

*Approximate nutritional values per serving (4 granola bites):*

*246 Calories, 11g Fat (2g Saturated),  
0mg Cholesterol, 76mg Sodium,  
33g Carbohydrates, 4g Fiber, 8g Protein*

### **Dietitian's tip:**

Make a double batch and freeze all the leftovers. They make a perfect snack for a sweet tooth or can be an appetizer or dessert for unexpected guests! Try mixing it up by using your favorite dried fruits, nuts and nut or seed butters.