



Test Kitchen Tuesday

Try it. You might like it.

Coconut Energy Bites

From: [Test Kitchen Tuesday](#)

Time Required:

- 10 minutes

Makes: 14 balls

Ingredients:

- 1/2 cup raw cashews, soaked 4 hours
- 1/4 cup brown rice syrup
- 13 pitted Medjool dates
- 1 cup raw oats
- 1/2 cup shredded coconut, plus more for rolling if you wish
- Optional: 1/2 cup dried cranberries



Method:

- In a Ninja Blender (recommend 40 ounce bowl) or food processor, blend the cashews and brown rice syrup until combined, stopping to push down the pieces of nuts if needed. You don't need to get this into cashew butter – just chopped up fairly well
- Add the dates, oats, and coconut, and blend it until the mixture comes together in a big “blob”
- Pour out onto a sheet of wax paper or a clean surface, and further combine any dry bits by hand. If you are adding cranberries, add them at this time
- Use a knife and cut off small sections at a time – roughly 1 inch by 1 inch – and roll into balls with slightly damp hands
- Pour some extra coconut into a bowl or small plate and roll the individual balls through the extra coconut, if desired



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Nutrition Facts	
User Entered Recipe	
2 Servings	
Amount Per Serving	
Calories	373.2
Total Fat	2.7 g
Saturated Fat	0.1 g
Polyunsaturated Fat	1.8 g
Monounsaturated Fat	0.1 g
Cholesterol	0.0 mg
Sodium	118.8 mg
Potassium	906.0 mg
Total Carbohydrate	85.9 g
Dietary Fiber	13.2 g
Sugars	23.9 g
Protein	13.3 g

Vitamin A	217.7 %
Vitamin B-12	0.0 %
Vitamin B-6	22.1 %
Vitamin C	63.9 %
Vitamin D	0.0 %
Vitamin E	3.7 %
Calcium	14.7 %
Copper	13.2 %
Folate	45.6 %
Iron	30.1 %
Magnesium	17.1 %
Manganese	32.8 %
Niacin	33.6 %
Pantothenic Acid	9.8 %
Phosphorus	13.1 %
Riboflavin	24.1 %
Selenium	1.9 %
Thiamin	52.9 %