



## BLUE ZONES RECIPE

### BLUE-ZONE INSPIRED NO BAKE CRANBERRY NUT ENERGY BITE



- 9m Medjool dates, pitted and chopped
- 1/3 cup agave
- 1 Tbs almond butter
- 1 Tbs chia seeds

#### INGREDIENTS:

- 1 ¼ cup whole grain oats
- ¼ cup pistachio
- 1/3 cup sliced almonds
- ¾ cup dried cranberries
- 1 tsp vanilla extract
- 1/3 cup white chocolate chips (optional)

#### INSTRUCTIONS:

1. In a food processor add all ingredients except chocolate chips if using
2. Pulse until roughly chopped but not pureed
3. Place in a mixing bowl and stir in chocolate chips
4. Place in refrigerator to chill and set for approx. 20 minutes
5. Once chilled roll into 1-inch balls, pressing firmly with your hands together to shape. If needed, a touch more almond butter can be added to help bind
6. Store in an airtight container in the refrigerator. Can keep for about a week.
7. Enjoy!