

Bite-Size Fruit Balls



Found on <http://www.cbc.ca/bestrecipes/recipes/bite-size-fruit-balls>

These bite-size treats are a welcome gift for overindulgent holidays.

Ingredients

1/2 cup (125 mL) dried cranberries	2 tbsp (30 mL) liquid honey
1/2 cup (125 mL) chopped dried apricots	2 tbsp (30 mL) orange juice
1/2 cup (125 mL) raisins	1/2 cup (125 mL) finely chopped almonds
1/3 cup (75 mL) unsweetened desiccated coconut	

Preparation

In food processor, chop together cranberries, apricots, raisins and coconut just until combined. Add honey and orange juice; pulse just until clumped together.

Roll by heaping 1 tbsp (15 mL) into balls; roll in almonds. (Make-ahead: Refrigerate in airtight container for up to 1 week.)

Servings: 16

Nutritional Info

approx. per serving	sodium 4 mg
cal 79	%RDI-
pro 1 g	calcium 1%
total fat 3 g	iron 4%
sat. fat 1 g	vit A 3%
carb 13 g	vit C 2%
fibre 2 g	folate 1%
chol 0 mg	