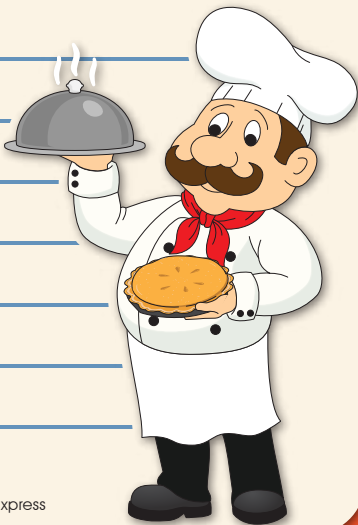


Grocery List

- [illegible]



Blueberry Bites

Ingredients:

- 1 cup of frozen blueberries
- 1 cup rolled oats
- 1/2 cup almond flour OR 1/4 cup all-purpose
- 2/3 cup shredded coconut (sweetened or unsweetened)
- 4-5 dates, pitted and chopped OR 1/4 cup raisins

Invite children to wash their hands and help make this yummy snack! Allow them to help as much as possible.

Toss the blueberries, oats, flour, dates/raisins and ½ cup of shredded coconut into a food processor or blender and pulse until smooth (about 30 seconds). Form small balls with about 1 T. of dough (if mixture is too wet or soft, add a bit more flour 1 cup at a time as needed). Roll the balls in the remaining coconut (optional) and serve immediately. Store leftovers in an airtight container in the refrigerator. This recipe makes about 16 bites. Adjust as necessary for your group.