



Nut Free Energy Bites

INGREDIENTS:

- 2 cups pitted dates
- 1 cup fine dried coconut
- 1/4 cup raw cacao powder
- 1 Tbsp chia seeds
- 2 Tbsp coconut oil
- 2 Tbsp water

DIRECTIONS:

- Combine all ingredients in a food processor. Blend until smooth/fine ground (15-20 seconds) and transfer to a bowl.
- Take 1 Tbsp. amounts at a time and roll into a ball using the palm of the hand.
- Place rolled balls into an airtight container (use wax paper between layers) and refrigerate.
- Enjoy as a snack!
- These stay fresh sealed in the refrigerator for up to 2 weeks.



REDUCE ADDED SUGARS & SATISFY YOUR SWEET TOOTH

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The FDA recently updated the Nutrition Facts Label to include a recommended Daily Value for added sugars.

Most people, especially children, are consuming more added sugar than recommended, which can lead to health problems including obesity, cardiovascular disease, dental caries, and nutrient deficiencies.

Sugars occur naturally in foods, such as fruits and vegetables but when that sugar is extracted and processed, it becomes a source of nutrient-poor, empty calories.

When the fruit or vegetable is enjoyed whole or dried, the sugars that occur are called intrinsic sugars.

Consuming foods with intrinsic sugars helps increase fruit and vegetable intake while also satisfying cravings for sweets. They can also be used to naturally sweeten baked goods and other foods.

Added Sugar vs. Intrinsic Sugar

↓	↓
Table Sugar	Raisins
Honey	Dates/prunes
High fructose corn syrup	Dairy products (lactose)
Concentrated fruit juice	Whole fruits (fructose)
Maple syrup	Carrots
Agave	Sweet Potato
Brown rice syrup	Squash