



**mouth-
friendly**
RECIPE

strawberry energy bites

Cookies and fruit snacks may be lunchbox and after-school favorites, but they're not so sweet for teeth. These strawberry energy bites are unique treats that deliver a dose of vitamin C, which helps the body repair bones and teeth.

ingredients:

1 cup frozen strawberries
1 cup oats
1/2 cup sunflower seeds
1/2 cup coconut flour
1-2 tablespoons coconut oil
Unsweetened, shredded coconut

directions:

- 1** Blend strawberries, oats, sunflower seeds, coconut flour and 1 tablespoon of the coconut oil in a food processor. You can also add a pinch of sugar substitute if you prefer a sweeter taste.
- 2** When the mixture becomes a fine paste, form into balls. You may need to add another tablespoon of coconut oil if the mixture seems too dry.
- 3** Roll the balls in the shredded coconut, then refrigerate for at least 2 hours before enjoying.
- 4** Store them in the fridge for up to 3 days, or put them in the freezer for future use.