

Strawberry-Coconut Balls

50 Colorful Snacks
Food Network Magazine

1 cup nut butter
1 cup rolled oats
1/2 cup sweetened shredded coconut
1/2 cup sunflower seeds
1/2 cup honey
2 cups freeze-dried strawberries

In a large bowl, combine the nut butter, rolled oats, coconut, sunflower seeds and honey. Beat with a mixer until combined.

Roll into twenty-four one-inch balls (about 24).

Refrigerate until firm, 30 minutes.

In a food processor, pulse the strawberries until powdery.

Roll the balls in the strawberry powder.

Per Serving (excluding unknown items): 1237 Calories; 41g Fat (27.9% calories from fat); 30g Protein; 207g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 12mg Sodium. Exchanges: 4 1/2 Grain(Starch); 2 Lean Meat; 7 Fat; 9 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1237	Vitamin B6 (mg):	.7mg
% Calories from Fat:	27.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	63.0%	Thiamin B1 (mg):	2.2mg
% Calories from Protein:	9.1%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	41g	Folacin (mcg):	193mcg
Saturated Fat (g):	5g	Niacin (mg):	4mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	25g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	207g	Food Exchanges	
Dietary Fiber (g):	16g	Grain (Starch):	4 1/2

Protein (g): 30g
Sodium (mg): 12mg
Potassium (mg): 868mg
Calcium (mg): 136mg
Iron (mg): 9mg
Zinc (mg): 6mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 118IU
Vitamin A (r.e.): 11 1/2RE

Lean Meat: 2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 7
Other Carbohydrates: 9 1/2

Nutrition Facts

Amount Per Serving

Calories 1237 **Calories from Fat:** 345

% Daily Values*

Total Fat 41g	63%
Saturated Fat 5g	23%
Cholesterol 0mg	0%
Sodium 12mg	1%
Total Carbohydrates 207g	69%
Dietary Fiber 16g	66%
Protein 30g	
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Vitamin A	2%
Vitamin C	3%
Calcium	14%
Iron	50%

* Percent Daily Values are based on a 2000 calorie diet.