

OceanView

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A 21st century retirement community

Breakfast Power Bites

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“Simple and healthy! Great for an on-the-go snack too.” – Chef Jean

Ingredients (yields about 20 bites):

- 1 cup **oats**
- 1 cup **sliced almonds**
- 2 cups **pitted prunes**, stems trimmed
- 2 TBL **chia seeds** (optional)
- 1 TBL **honey**
- Pinch of **salt**
- 2 cups **flaked coconut**



Instructions:

1. Spread **oats** and **almonds** onto sheet pan and toast in oven until just golden brown. Set aside.
2. Place **prunes** into food processor bowl, pulse 3-4 burst to break up. Add **toasted oats and nuts, chia seeds, honey, and salt**. Pulse until mixture comes together and nuts are pulverized.
3. Spread **coconut** into shallow pan. Scoop 1-ounce balls (purple scoop) of **dough** into **coconut**. Press each dough portion into coconut on both sides and form into a little cake.
4. Serve immediately at room temperature.