

TIPS FOR USING DRIED FIGS:

- Substitute for raisins or dried cranberries in **cookies, muffins, and quick breads**
- Sprinkle on top of fresh salad greens and toss with walnuts or pecans, feta cheese, and balsamic or raspberry vinaigrette to make a tasty **salad**
- Make your own healthy **trail mix** by combining dried figs with your favorite unsalted nuts, crispy whole grain cereal (such as Chex or bran flakes), pretzels, other dried fruit, chocolate chips, and/or coconut flakes

Peanut Butter & Fig Energy Bites

Makes 18 one-inch bites (9 servings)

Serving size: 2 one-inch bites

Ingredients

- 1 cup dried fig pieces
- 3/8 cup (6 tablespoons) peanut butter
- 3/4 cup oats
- 1 teaspoon vanilla extract
- 2 tablespoons milk
- 1/3 cup semi-sweet chocolate chips
- 1/2 cup sweetened coconut flakes



Directions

1. Combine dried fig pieces, peanut butter, oats, vanilla extract, and milk in a food processor. Pulse until well-combined and mixture looks like coarse crumbs.
2. Transfer mixture to a medium bowl and stir in chocolate chips and coconut flakes until evenly mixed. Roll into one-inch balls.
3. Serve energy bites immediately or store in an airtight container in the refrigerator for up to one week. Eat them as a quick and easy breakfast, snack, or dessert!

Tip: Swap out ingredients for whatever you like or have on hand! Try dates instead of figs, almond butter instead of peanut butter, soy milk or yogurt instead of milk, other flavored baking chips instead of chocolate chips, or nuts or dried cranberries instead of coconut.

Nutrition Information per Serving: 175 calories, 9 g total fat, 3 g saturated fat, 63 mg sodium, 23 g total carbohydrates, 3 g dietary fiber, 14 g sugar, 4 g protein