



Trail Mix Truffles

Makes 8 servings

Ingredients

1/3 cup dried apples
1/4 cup dried apricots
1/4 cup apple butter
2 tablespoons golden raisins
1 tablespoon reduced-fat peanut butter

1/2 cup low-fat granola
1/4 cup graham cracker crumbs, divided
1/4 cup mini chocolate chips
1 tablespoon water

Instructions

1. Blend apples, apricots, apple butter, raisins and peanut butter in food processor until smooth.
2. Stir in granola, 1 tablespoon crumbs, chocolate chips and water.
3. Place remaining crumbs in a bowl.
4. Shape tablespoonfuls of mixture into balls; roll in remaining crumbs.
5. Cover; refrigerate until ready to serve.

Nutrition Facts

Serving size: 2 truffles; calories per serving: 121; fat: 4g; saturated fat: 1g; cholesterol: 0mg; sodium: 14mg; carbohydrates: 20g; fiber: 2g; protein: 3g; sugars: 0g

Source: www.healthdiscovery.net. This source is an independent company that provides wellness education on behalf of BlueCross BlueShield of South Carolina.

