

# ALICE'S POWER MUNCHIES

## **MIX TOGETHER THE DRY INGREDIENTS:**

Blend (in a blender) lots of nuts (any kind) and good quality unsweetened coconut, oats, cinnamon, a little nutmeg and ground cloves.

## **In a blender blend gently:**

2-3 soft bananas, some pitless dates, some dried apricots, a cut up orange.... peel and all even a bit of lemon, about 2 or 3 table spoons of olive oil, some raisins, some raw honey or agave nectar.

Mix the blended brew with the dry ingredients until all are well mixed together. Add some orange juice if its too dry.

Mold into balls about the size of golf balls and place on a well oil cookie sheet. Push the ball down with your fingers or a fork.

Put in oven at 180 C for about 25 minutes or until bottom of munchie is brown.

These are sugarless, wheatless treats that are good for you and delicious.

ENJOY AND SHARE.

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