



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.



BlueCross BlueShield of South Carolina is an independent licensee of the Blue Cross and Blue Shield Association.