



# B.Y.O.B. (Build Your Own Bites)



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Finally! A customizable snack recipe that works for any diet! Pictured is a batch of Whole30 Friendly 'Cashew Cherry Pie Energy Bites' I whipped up, but these B.Y.O.B.'s can be altered to fit literally anyone's dietary restrictions. If you're Vegan, skip the Collagen. If you eat a Nut Free Diet, use a Seed Butter. I can't think of a way these bites couldn't be altered to work for you! I used a blend of Dates, Dried Unsweetened Cherries, Cashew Butter, Mixed Seeds, & Collagen Peptides rolled in Coconut Flakes to create my bites, but I totally encourage you to come up with your own blend.

Trade in the Cherries for Apples with a dash of Cinnamon and you've got Apple Pie Bites! Use Dried Pineapple & Coconut Flakes to create Pina Colada Bites! Using GoRaw's "Simply Lime Snacking Seeds" with a bit of Lime Zest could instantly transform these into Key Lime Pie Bites! I could keep going all day... I've also included a list of Ingredients that will allow you to customize your bites even further! Adding some Cacao Nibs & Mint Extract would turn these into Mint Chocolate Chip Bites, or you could add some Pumpkin Pie spice for a festive Fall twist, the options are truly endless!

## INGREDIENTS:

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- 1 Cup Dates, chopped then measured
- 2/3 Cup Dried Fruit (Raisins, Dried Cherries, Dried Apples, Dried Pineapple, etc.)
- 1/2 Cup Seeds of your Choice (GoRaw makes some awesome flavors that can compliment your bites) or Packed Shredded Coconut
- 1/2 Cup Nut or Seed Butter of your Choice( I tend to use Cashew or Almond, but feel free to use whatever works best for your dietary restrictions)
- 1/2 Cup Coconut Flakes for rolling
- Customize Your Bites Even Further (add up to 3 of the following):
  - 2 tsp Spice of your Choice
  - 1 tsp Extract of your Choice
  - 1 Tbsp Fruit Juice of your Choice
  - 2 Tbsp Cacao Nibs
  - 2 Scoops of Collagen Peptides
  - 1 tsp Fruit Zest

## INSTRUCTIONS:

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1. Combine Dates, Dried Fruit or Coconut Flakes, Nut/Seed Butter, as well any additional ingredients(extracts, collagen peptides, etc.) in a Food Processor and blend until everything is evenly combined. You may have to use a rubber spatula to break the mixture up.
2. Roll Bites into balls using a Tbsp to measure each one
3. Roll into Coconut Flakes and place into the refrigerator to chill for at least 4 hours! Enjoy!

***MAKES 24 BITES!***

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