

## Spiced Apricot Balls

### ***Makes About 10 Balls***

8 Pitted dates

1 Cup Dried apricots

½ Cup Sunflower seeds

½ Cup Unsweetened coconut flakes

1 Teaspoon Cinnamon

½ Teaspoon Nutmeg

Add all the ingredients to a blender or food processor blend until all the ingredients are mixed well. Form into balls and store in the refrigerator in an air tight container.