



PB+J Bites:

- 3/4 cup rolled oats
- 3/4 cup dried mulberries (or oats or unsalted nuts like almonds or cashews)
- 3/4 cup defrosted or fresh mixed berries
- 1.5 tbsp peanut butter
- 1 to 1.5 tbsp coconut flour (depending on how wet your mixture turns out)
- (optional) 1 tbsp maple syrup

In a food processor, blend your oats and dried mulberries until fine, like a rough flour. Add in your defrosted berries and blend until well combined. Add in your peanut butter (and maple syrup if you're using any) and blend until combined again. Scoop this mixture into a separate bowl and mix in coconut flour if needed. Use about a 1 tbsp measurement of the dough and roll it into balls with your hands. Let sit in the fridge for an hour or overnight. I rolled a few of mine in some shredded coconut!