MIXED GRAIN POWER BITES

1/2 C. Puffed millet  
1/2 C. Puffed brown rice  
1/2 C. Puffed kamut  
1/4 C. Sesame seeds  
1/3 C. Sunflower butter  
1/2 C. Honey  
3/4 C. Shredded unsweetened coconut  
1/2 C. Diced prunes or diced dates or diced raisins

In a large bowl combine the sunflower butter and honey; add the remaining ingredients. Roll into small balls.

Recipe by Robin Forte