

ISLAND GROWN

HARVEST ^{OF} THE MONTH

- *January* -

WHOLE GRAINS

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



For more information visit

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