



## HEALTHY HINTS



### Coconut, Date, and Almond Bliss Balls

Ingredients: almonds, dates, coconut oil, vanilla bean essence, coconut flakes

1. Add almonds, dates, vanilla bean paste and coconut oil into a food processor. Process on high speed for 20 seconds.
2. Scrape down sides of bowl and continue to processing on full speed for 40-60 seconds or until mixture combines together
3. Roll into bite sized balls, coating with coconut.
4. Store in the fridge for up to 1 week.

### **This week we learned about: Healthy Snacks**

- Snacks should be seen as small, quick bites that get us to the next meal!
  - A snack should not replace one whole meal!
- Helpful tips:
  - Pre-portion your snacks!
  - NEVER sit down with the whole bag of snacks! Take some out in a bowl, and only eat that much!
- What are some healthy snacks I can eat?
  - Fruits, nuts, vegetables, yogurt, raisins, smoothies, popcorn



**NEXT TIME (02/14/20):  
Sleep and Mindful Moments!**

