



Preparation: 20 minutes | Cooking: 0 minutes | Servings: 8

Ingredients:

- 1 cup walnuts
- 1 cup no-salt-added canned black beans, rinsed
- ½ cup dried pitted Medjool dates, chopped (about 8 dates)
- ¼ cup raisins, coarsely chopped
- ¼ cup dried apricots, chopped
- ¼ cup unsweetened dried cranberries, coarsely chopped
- ¼ cup chia seeds
- 3 tablespoons smooth natural peanut butter
- 3 tablespoons unsweetened shredded coconut

Instructions:

Combine 1 cup beans, ½ cup dates, 3 tablespoons peanut butter and ½ teaspoon salt in a food processor. Process until fully combined, about 45 seconds, stopping to scrape down the sides as needed. Add 1 cup walnuts and ¼ cup each of raisins, apricots, cranberries and chia seeds. Pulse until the mixture comes together but still has a few small chunks, about eight 1-second pulses, stopping to scrape down the sides as needed.

Shape the mixture into 16 balls, about 2 tablespoons each, and place on a large plate. Place 3 tablespoons coconut in a shallow bowl. Roll the balls in the coconut until evenly coated, gently pressing to adhere. Serve immediately, or transfer to an airtight container and store in the refrigerator for up to one week.