

Energy Bites

3 $\frac{1}{2}$ oz chopped bittersweet chocolate

$\frac{1}{2}$ cup honey

1/3 cup hottest possible tap water

1/8 tsp fine sea salt

$\frac{1}{4}$ cup coconut, unsweetened

Grated zest of one lemon

$\frac{3}{4}$ tsp cinnamon

8 oz dried figs, finely chopped

8 oz toasted almonds, coarsely ground

$\frac{1}{4}$ cup sesame seeds

72 mini muffin liners or petit-four cups

1. In a small saucepan, combine the chocolate, honey, and tap water. Heat over moderate heat just until the chocolate melts. Stir to combine.
2. Remove from heat. Stir in the remaining ingredients.
3. Arrange paper cups side by side on a baking sheet. Spoon the mixture into paper cups, filling about $\frac{3}{4}$ full (approx. two tsp each).
4. Refrigerate for at least 30 minutes, to firm up before serving. Keep refrigerated.

NOTE: these 'could' last for several weeks when stored in a a sealed container in the refrigerator... if your family doesn't find them!!!