

## “Yummy Balls” (Date Snowball Bites)

Lauren's Note: My mom actually got this recipe for date snowball cookie bites from Donna a few years ago!!! I don't know how many people ended up getting this recipe so I figured I'd share it with everyone! These are so good that my mom and I jokingly came up with the name “yummy balls” for these delicious bites!

Recipe from Donna

### Ingredients:

- 1 cup pecan halves
- ½ cup shredded unsweetened coconut
- 1 cup soft medjool dates, pitted (about 10)
- 1 tbsp coconut oil
- ½ tsp sea salt
- ½ tsp vanilla extract
- ½ cup arrowroot or tapioca starch (plus more for coating)

### Directions:

1. Grind pecans and shredded coconut in a food processor or blender. Then add and process all other ingredients, scraping sides as necessary.
2. Shape into balls and place on a cookie sheet lined with parchment paper.
3. Freeze at least 1 hour.
4. Remove from freezer and roll in arrowroot starch in a bowl.

Enjoy!

Note: these can be stored in the fridge for up to 1 month!

## More About Vitamins and Minerals!

This week is a sort of part 2 to last week's article. This week I'm going more in depth about sources and basic functions of the different vitamins and minerals, as I thought it would be helpful to have the specific reasons why your body needs these vitamins and minerals as well as which foods you can turn to for each!

### Quick Facts on Vitamins and Minerals

Here's a breakdown of most of the essential vitamins and minerals including how they help your body and foods that are good sources of each!

Vitamin A/Beta Carotene: helps immune system function and healthy eyesight; needed for cell growth and development

Sources: fortified cereal, fortified milk, eggs, sweet potatoes, pumpkins, carrots, kale, broccoli, spinach, butternut squash

Vitamin B1/Thiamin: release of energy from carbs and protein

Sources: fortified cereal, enriched grains, peas, sunflower seeds, beans, lentils, macadamia nuts

Vitamin B2/Riboflavin: release of energy from all 3 macronutrients; assists antioxidants

Sources: milk, eggs, almonds, spinach, clams, chicken, beef, salmon, cheese, broccoli

Vitamin B3/Niacin: release of energy from all 3 macronutrients

Sources: fish, white meat poultry, beef, mushroom, avocados

Vitamin B5/Pantothenic Acid: assists fat, hormone, cholesterol, and hemoglobin synthesis

Sources: yogurt, chicken sweet potatoes, lentils, eggs, mushrooms

Vitamin B6: supports many metabolic reactions; assists DNA, hemoglobin, and neurotransmitter production

Sources: chicken, pork, cereal, banana, potatoes (with skin), fish, turkey, hazelnuts, walnuts, beans

Vitamin B7/Biotin: assists glucose production and the release of energy from all 3 macronutrients

Sources: salmon, eggs, avocados, pork, cheese, whole wheat bread

Vitamin B9/Folate: essential for healthy fetal development of the brain and spine; assist red blood cell production; DNA synthesis

Sources: beans, lentils, spinach, peanuts, chicken, corn, orange juice

Note: can also be found in fortified foods as folic acid, which is more readily absorbed than naturally occurring folate

Sources: enriched rice and flours

Vitamin B12: assists hemoglobin and red blood cell production; necessary for nerve function; helps the release of energy from fat and protein

Sources: seafood, beef, poultry, cheese, milk, eggs, fortified cereal

Vitamin C: immune support; antioxidant; assists production of collagen, serotonin, and epinephrine (adrenaline)

Sources: citrus fruit, broccoli, tomatoes, peppers, kale, spinach, potatoes

**Vitamin D:** needed for calcium absorption; influences cell growth and development  
Sources: fish, eggs, fortified cereals, fortified milk, sunlight!!!!

**Vitamin E:** immune support; antioxidant; nerve function  
Sources: sunflower seeds, nuts, olive oil, spinach, carrots, avocados

**Vitamin K:** assists in blood clotting  
Sources: leafy greens, cashews, olive oil, fermented food, peas

**Calcium:** forms structure of our bones; required for nerve transmission and muscle contraction  
Sources: dairy products, tofu, fortified cereal, beans, almonds, spinach, broccoli, kale

**Copper:** assists in iron utilization and energy and neurotransmitter production  
Sources: seafood, sunflower seeds, lentils, beans, mushrooms, cashews

**Iodine:** required during pregnancy and infancy for healthy growth and cognitive development of the infant; needed for healthy thyroid function  
Sources: iodized salt, potatoes (with skin), milk, turkey, eggs, tuna

**Iron:** critical for motor and cognitive development; major component of hemoglobin, which is the oxygen transporter protein in the blood (iron is actually the part that binds the oxygen so it's super important!), critical for immune function  
Sources: red meat, fortified cereal, beans, lentils, cashews, spinach, potatoes (with skin), dark meat poultry, raisins, prunes, eggs, shrimp

**Magnesium:** structural component of bones, needed for nerve signals and muscle contraction  
Sources: legumes, seeds, nuts, beans, spinach, milk, figs, brown rice, cocoa powder, pineapple, bananas

**Manganese:** helps glucose break down, formation of proteins, and bone development  
Sources: brown rice, oats, spinach, pineapples, nuts, sesame seeds, tea, sweet potatoes, whole-wheat bread

**Phosphorus:** structural component of bones, teeth, DNA, and cell membranes; assists in energy production and storage  
Sources: dairy, beef, salmon, eggs, poultry, beans, eggs, peanuts, almonds, whole-wheat bread

**Potassium:** maintains fluid and electrolyte balance; needed for nerve signaling and muscle contraction  
Sources: beans, potatoes (with skin) bananas, oranges, spinach, artichokes, tomatoes, raisins

**Selenium:** thyroid hormone function  
Sources: brazil nuts, seafood, pasta, pork, whole wheat bread, brown rice, milk, pork

**Sodium:** maintains fluid and electrolyte balance; needed for nerve signaling and muscle contraction  
Sources: baked goods, processed meats, canned soups, table salt

**Zinc:** assists in enzymatic reactions and hemoglobin products; immune system support

Sources: seafood, dark meat poultry, pork, nuts, chickpeas, dairy, beef



Top: date snowball cookie  
Middle and bottom: my favorite ways to get micronutrients (and the healthy fats needed to absorb many vitamins): salads and sautéed veggies!!



# WELLNESS NEWSLETTER

