CARROT CAKE BITES

PREP TIME
10 mins

COOK TIME
10 mins

SERVINGS
8

INGREDIENTS

1 cup chopped carrots (about 2 small or 1 large carrot)
1/2 cup walnuts
1/2 cup unsweetened coconut flakes
1 cup oats

1/4 cup almond or cashew butter
1 Tbsp pure vanilla extract
1 1/2 tsp ground cinnamon
1/2 tsp ground nutmeg
1/3 cup shredded coconut (for rolling!)

INSTRUCTIONS

1. Add the chopped carrots to the bowl of a food processor and blend until finely chopped. Transfer carrots to a large bowl.

2. To the bowl of the food processor, add walnuts and coconut. Pulse to a sandy texture. Add the oats and dates and process again to a sandy texture. Add the finely chopped carrots, almond/cashew butter, vanilla, cinnamon and nutmeg and blend until it forms a dough-like consistency.

5. Scoop the dough into tablespoon-sized balls, repeating until all of the mixture is formed into balls.

6. Place the shredded coconut into a shallow dish and roll each carrot cake ball to coat fully. Place carrot cake bites in an airtight container and store in the fridge. Enjoy!