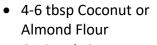
#### **INGREDIENTS**

- ¾ cup Carrot, shredded
- 1 cup Dates, pitted
- 1 <sup>3</sup>/<sub>4</sub> cup Nuts, raw
- 2 tsp Vanilla Extract
- ¼ tsp Sea Salt
- ¾ tsp Ground Cinnamon
- ½ tsp Ground Ginger
- 1 pinch Ground Nutmeg

### DIRECTIONS

- 1. Grate the carrots and set aside.
- 2. Blend dates in food processor until small bits remain or a ball form. Remove from food processor and set aside.
- 3. Mix nuts, vanilla, salt, and spices. Blend until a semi-fine texture is achieved.
- 4. Add dates and carrots to food processor, and mix until a loose dough forms and the carrots are just incorporated. Be careful not to over-blend.
- 5. Add coconut flour 2 Tbsp (18 g) at a time and pulse to combine. It should be a crumbly dough, don't overmix.
- Scoop out mixture and roll into balls with your hands. If the bites are too sticky to roll, add a little more coconut or almond flour to dry the mixture out.
- 7. Roll balls in finely shredded coconut (optional) and enjoy immediately or refrigerate to chill/firm up!



 Optional: Coconut Flakes, Raisins, Dried Fruit



# Recreation and Wellness Center

UNIVERSITY OF COLORADO COLORADO SPRINGS



## **Vegan Carrot Bites**

### Dairy-Free | Gluten Free | Vegetarian | Vegan

Yield: 16 Servings Prep Time: 20 Min Cook Time: 10 Min