

INGREDIENTS

- ¾ cup Carrot, shredded
- 1 cup Dates, pitted
- 1 ¾ cup Nuts, raw
- 2 tsp Vanilla Extract
- ¼ tsp Sea Salt
- ¾ tsp Ground Cinnamon
- ½ tsp Ground Ginger
- 1 pinch Ground Nutmeg
- 4-6 tbsp Coconut or Almond Flour
- Optional: Coconut Flakes, Raisins, Dried Fruit

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.
6. 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!



Vegan Carrot Bites

Dairy-Free | Gluten Free | Vegetarian | Vegan

Yield:
16 Servings

Prep Time:
20 Min

Cook Time:
10 Min