



Carrot Cake Bites

Yield: 16 bites

Ingredients:

- 2 medium carrots, shredded
- $\frac{1}{2}$ cup raw walnuts
- $\frac{1}{2}$ cup raw almonds
- 5-10 dates, pits removed
- 2 tbsp ground flax seed
- $\frac{1}{4}$ tsp ground nutmeg
- $\frac{1}{2}$ tsp ground ginger
- 1 tsp ground cinnamon
- $\frac{1}{2}$ cup unsweetened coconut

Directions:

1. Peel the carrots, then shred them on the fine blade in the food processor (or can also grate them with a hand grater or box grater)
2. Add walnuts and almonds to the food processor with the S blade and pulse into a fine meal.
3. Add the dates and flax seeds to the ground nuts and process until you have a dough-like consistency.
4. Stir in the nutmeg, ginger and cinnamon.
5. Sprinkle the coconut onto a plate. Form the dough into small balls and roll into the coconut.
6. Place the bites into the refrigerator until firm.
7. Keep in refrigerator up to 1 week (if they last that long)!