



Yields: 10 servings, 2 bites each

Carrot Cake Bites

These delicious energy bites are a great snack packed with nutrients!

INGREDIENTS

- 3/4 cup raw almonds, whole
- 1 cup dates, pitted
- 1/4 cup coconut flakes, unsweetened
- 1/4 cup dried cranberry
- 1/2 cup shredded carrots
- 1/2 tsp ground cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ginger

DIRECTIONS

- Place all ingredients in a food processor and pulse until combined, but not pureed.
- Transfer mixture to bowl and roll into 20 bites. If you have trouble with them not sticking together, refrigerate for an hour and then roll.
- Keep bites refrigerated and serve cold for best consistency.

Notes

- These can also be made into bars. Press mixture into 8x8 inch pan.
- Refrigerate and cut into 10 bars before serving.
- Make ahead, individually wrap, and freeze for enjoying later.



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