Raw Carrot Cake Bites

Ingredients
- 3/4 cup unsweetened shredded coconut
- 6 medjool dates, pitted
- 3/4 cup any kind of nut
- 1/2 cup grated carrots
- 1/4 cup shelled hemp seeds
- 1/4 cup honey
- 1 tsp pure vanilla extract
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp ground cloves

Making it
1. Reserve 1/4 cup (60 mL) shredded coconut in a shallow dish for rolling.
2. Place remaining ingredients in a high-powered food processor.
3. Form mixture into 1-inch (2.5 cm) balls and roll in reserved shredded coconut, coating balls completely. Transfer to a baking sheet and refrigerate for a few hours or overnight.
4. Keep chilled, or freeze in an airtight container for a few months.
5. Enjoy 1 or 2 as a snack or dessert.

TIPS & HINTS
You won’t have to pre-shred the carrots if you have a high power food processor.

NUTRITION FACTS
Servings: 15
PER SERVING
Calories (kcal): 94
Fat (g): 5.8
Carbohydrate (g): 10
Fibre (g): 0.8
Protein (g): 1.7