



## Sweet Carrot Balls

Serving: 1

Veg

### *Ingredients*

- 1 cup rolled oat
- $\frac{1}{2}$  cup almond flour
- 2 tbsp desiccated coconut
- $\frac{1}{4}$  cup pecans nuts OR walnuts Or almonds
- $\frac{1}{2}$  cup grated carrots
- 4 tablespoon almond Butter Or Peanut butter
- 1 cup dates soaked in hot water, drained
- 2 tablespoon Cocoa powder or protein cocoa powder
- 1 tablespoon Vanilla Extract
- 1 teaspoon ground cinnamon

### *Preparation Method*

- In a food processor add all the ingredients except the cashew butter that you will use to drizzle on top of the balls to decorate them.
- Process until it comes together and form a ball. You may have to stop the food processor each 30-45 seconds to scrap down the side of the bowl with a spatula.
- Process again until it form a consistent raw cake batter. It should not take more than 2 or 3 minutes.
- Using your hands take small portion of batter and shape carrot balls by rolling the batter between your hands , make small size balls.
- Place each balls onto a tray covered with parchment paper.
- Decorate. Insert the cashew butter into a piping bag and decorate the top of each carrot balls with a drizzle of cashew butter. If the butter is too liquid place the butter in the fridge for few minutes until soft but not runny.
- You can enjoy the balls straight away or refrigerate the balls for 1 hour to harden a little bit.
- Store until 2 weeks in a airtight container in the fridge.