



## Carrot Cake Energy Bites

Carrot Cake Energy Bites have all the best flavors of carrot cake rolled up into bite size pieces. This veggie filled sweet snack is made without any dairy products and doesn't require any baking. Just combine the ingredients, roll into bite sized balls, chill and enjoy. Ideal for bike rides. Carrots are packed with potassium, a mineral that helps to balance sodium and overall electrolyte levels in the body .

**Serves: 24, Prep time: 00:10, Cook time: -**

## Instructions

Stir together first five ingredients (oats, carrots, cinnamon, dates and almonds).

Add water, one tablespoon at a time, as needed for shaping consistency.

Form the dough into 24 heaping tablespoon-sized balls.

Roll lightly in coconut flakes.

Refrigerate at least an hour before eating.

Store leftovers in refrigerator, covered.

Makes 24 bites.

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## Ingredients

- 2.25 cups Oats, rolled, raw
- 2 cups Carrots, finely shredded
- 2 teaspoon Cinnamon, Ground
- 1 cups Dates (Medjool), finely chopped
- 2/3 cups Almonds, finely chopped
- 2/3 cups Coconut Flakes
- 1 tablespoon Water, as needed