





No-Bake Oatmeal Carrot Cake Bites



Equipment

-  Food processor or high-speed blender
-  Rubber spatula

-  Cheese grater
-  Measuring cups and spoons

Ingredients

- 1 cup** Old fashion oats
- 1 cup** Raw cashews (Nut free? Swap for sunflower seed butter.)
- 1 cup** Finely grated carrots
- 10** Soft fresh pitted dates (We recommend Medjool.)
- $\frac{1}{3}$ cup** Shredded coconut (Unsweetened)
- $\frac{1}{2}$ tsp.** Finely grated ginger
- 1 tsp.** Cinnamon
- $\frac{1}{4}$ tsp.** Pumpkin pie spice (Optional)
- $\frac{1}{2}$ cup** Finely chopped walnuts or pecans for rolling balls in at the end (Nut free? Swap for shredded coconut, pumpkin seeds, or sesame seeds.)

Instructions

- 1** Pulse walnuts or pecans in food processor until finely chopped. Transfer to a plate for later.
- 2** Add remaining ingredients and process until it forms a soft moist dough.
- 3** Shape 1 tbsp. portions of the carrot mixture into balls and roll in the nuts to coat.
- 4** Refrigerate until ready to serve. Can be frozen until ready to eat.

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- Old fashion oats
- Raw cashews
- Carrots
- Soft fresh pitted dates
- Unsweetened shredded coconut
- Fresh ginger
- Cinnamon
- Pumpkin pie spice (optional)
- Walnuts or pecans