

# Vegan Carrot Cake Bites

These healthy carrot cake bites remind you of an indulgent slice of cake, but are actually good for you! They're vegan, no-bake and seriously delicious

Prep Time 10 minutes

Total Time 10 minutes

Servings 16

Calories 107kcal



## **Ingredients:**

- 1 cup chopped carrots (about 1 large)
- 1/2 cup pecans
- 1/2 cup coconut flakes
- 1 cup oats (rolled or quick)
- 1/2 cup Medjool dates (about 5)
- 1/4 cup cashew butter (or nut butter of choice)
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 tsp sea salt
- 1 tsp vanilla
- 1/3 cup shredded coconut (for rolling)

## **Instructions:**

Add the carrots into a food processor and blend until finely chopped. Transfer to a bowl.

Return the bowl of the food processor back onto the base and add the pecans and coconut. Pulse to form a sandy texture. Add the oats and dates and process again until a sand texture has formed. Add the nut butter, carrots, salt, vanilla and spices and blend until a dough comes together.

Shape the dough into rounded tablespoon-sized balls. Repeat until all of the mixture has been used.

Place the shredded coconut in a shallow dish and roll each ball in the coconut to coat it. Place balls in an airtight container and store in the fridge for 1 - 2 weeks.

Tip: Prepare the bites the day before serving. The flavors of the spices develop over time.