

Raw Carrot Cake Balls

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 3/4 cup unsweetened shredded coconut
- 6 medjool dates, pitted
- 3/4 cup any nut you have on hand, my original recipe has walnuts but I often use almonds
- 1/2 cup grated carrots (only pre-grate if you have to, some food processors will do the work for you!)
- 1/4 cup shelled hemp seeds (aka hemp hearts) or plant-based protein powder
- 1/4 cup honey (optional)
- 1 tsp pure vanilla extract (only required if your protein powder doesn't contain vanilla)
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp ground cloves

Instructions:

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 (you won't have to pre-shred the carrots if you have a high power processor) and process until fully combined.
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 (though I guarantee they won't last that long).
5. Enjoy 1 or 2 as a snack or dessert.

Notes:

Many people have told me they don't have a food processor. Yes, you could do these in a blender just keep in mind like any raw cookie with nuts and dates the ingredients tend to get stuck around the blade which is why I prefer a processor.. makes things a little easier!