

Carrot Cake Bliss Balls

**Bee
Healthy**
menu by **Busy Bees.**



Carrot Cake Bliss Balls

Prep time: 20 minutes.

Refrigeration time: 30 minutes. Serves: 10 balls



Ingredients

½ cup Dates, dried

½ cup Water, tap

3 Carrots, medium

1 cup Oats, raw, whole

1 cup Sunflower seeds

1 tbsp Vegetable oil

1 tsp Cinnamon

½ tsp Ginger, ground

3 tbsp Desiccated coconut

Method

1. In a small bowl, place dates and water to soak for minimum 10 minutes.
2. Wash the carrots and cut off the ends. Blend using a food processor.
3. Drain the dates and add to the carrot mixture, alongside the oats, sunflower seeds, vegetable oil, cinnamon and ginger. Blend until mixture comes together in a large ball. This may take some time and may need to be done in batches for larger volumes.
4. Using a teaspoon, use your hands to form small balls. The mixture will be quite sticky.
5. Roll the balls in the desiccated coconut and refrigerate for at least 30 minutes before serving.

Serve with fruit sticks or as a quick snack in the car to munch on the go!

Allergen alternatives:

This recipe suits all main allergens.



This recipe provides ¼ serve of veggies for children and is an excellent source of grains!

