

Carrot cake bliss balls

Makes: 20

Prep time: 20 mins

Cooking time: 0 mins



Ingredients

- 12 fresh dates, pitted
- 1 cup dry roasted cashews
- 1 carrot, roughly chopped
- 1¼ cups desiccated coconut
- ½ tsp ground nutmeg
- 1 tsp vanilla essence

Step 1: Put the dates in a heat-proof bowl and cover with boiling water. Set aside and soak for 10 minutes or until soft. Drain.

Step 2: Process the dates in a food processor until a paste forms. Add the cashews, carrot, 1 cup coconut, nutmeg and vanilla essence and process until combined.

Step 3: Place the remaining ¼ cup coconut in a bowl. Using wet hands, roll 1 tablespoon of mixture into a ball and roll in coconut to coat. Shake off excess and repeat to make 20 balls.

Step 4: Cover and chill in the fridge for 1 hour or until firm.

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