CARROT CAKE ENERGY BALLS

INGREDIENTS:

- 1 cup raw walnuts (or pecans)
- 1 cup shredded unsweetened dried coconut
- 1 teaspoon ground cinnamon
- 1/8 teaspoon ground ginger
- 1/4 heaping teaspoon sea salt
- 1/2 teaspoon vanilla extract
- 1 carrot, shredded (about 1/2 cup)
- 12 Medjool dates, pitted (if not soft, soak in hot water for 10 minutes)



NUTRITION:

- Calories: 92kcal
- Carbs: 10g
- Protein: 1g
- Fat: 5g
- Sat Fat: 2g
- Sodium: 7mg
- Fiber: 1g
- Sugar: 8g

DIRECTIONS:

- In a large food processor fitted with an "S" blade, combine the walnuts (or pecans) and coconut. Process briefly until crumbly.
- Add in cinnamon, ginger, salt, vanilla, carrot, and dates and process again until the mixture begins to stick together. Stop and scrape the sides as needed.
- Once the mixture sticks together when pressed between your fingers, it's ready to roll into balls. Be careful not to over-process the mixture, as that can make the dough oily.
- Scoop the batter using a tablespoon and roll it between your hands to make a ball. Repeat with the remaining mixture and arrange the balls on a pan lined with parchment paper. Roll the balls in extra coconut, if desired.
- Place the pan in the fridge or freezer to let the carrot cake balls firm up. Once chilled, you can transfer the balls to an airtight container to store in the fridge for up to a week. Best when consumed cold.

Makes 24 Balls

Reference: https://Detoxinista.com