



Ashley's Meal Prep Monday!



Carrot Cake Energy Bites

INGREDIENTS

Dry ingredients:

½ cup walnuts
2 TBSP flaxseed
⅔ cup desiccated coconut
1 cup oats, instant/rolled
¼ TSP ginger
2 TSP cinnamon

Wet ingredients:

1 cup peeled/grated carrots
½ cup soft pitted dates
¼ cup almond butter or peanut butter
1 TSP vanilla
1 TBSP maple syrup

You can either peel and grate the carrots or place chopped carrots in a food processor. Pulse a few times until it forms tiny pieces of carrots and set aside.

Add all of the dry ingredients and blend on high until the nuts, oats and coconut turn into a fine ground - about a minute. Add in the almond butter, vanilla, syrup, grated or chopped carrots, and the soft pitted dates. If the dates are slightly dry, soak them in hot water for 10 minutes and drain well before adding to the food processor.

Blend on high until a sticky dough forms. Scoop out dough and roll between your hands to form golf ball sized balls. You should be able to shape about 16 balls.

You can roll them into unsweetened desiccated coconut, melt and drizzle white chocolate on top, or leave them be! Stick on a plate and place in the fridge for at least 15 minutes.



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