

Carrot Cake Bliss Balls



Ready in **10 minutes + chilling**

Makes about **20 balls**

307.4 kJ

Ingredients

- ¾ cup dried pitted dates
- ½ cup sultanas
- 1 ½ cups desiccated coconut
- ¼ cup roasted almonds, skin on
- 1 large carrot, grated
- 1 tspn cinnamon
- ½ tspn nutmeg

Preparation

1. Place dates in a bowl and cover with boiling water. Leave to soak for 10 minutes, then drain.
2. Place dates, sultanas, coconut (reserve some to roll balls in), pecans, carrots and spices in a food processor. Process for 2-3 minutes until nearly smooth. Chill in refrigerator for 15 minutes.
3. Roll tablespoonfuls of mixture into balls and roll in extra coconut. Refrigerate until ready to eat.

Nutrition

Per serve: 307.4kJ, 1g Protein, 4.1g Fat (2.7g Saturated Fat), 7.7g Carbs (7.4g Sugars), 2g Dietary Fibre, 5.7mg Sodium