


# Carrot cake bliss balls

**Rating:** 

**Created by:** QAST

**Total time:** 15 min

**Preparation:** 15 min

**Cooking:** 0 min

**Serves:** 8

**Category:** Snacks

**Tags:** Vegan  
Dairy Free  
Vegetarian

## Ingredients

1 cup Roughly diced carrot  
1 cup Rolled oats  
1 cup Pitted dates  
0.75 cup shredded coconut  
1 tsp cinnamon  
1 tsp ground ginger

## Method

1. Place all ingredients in food processor.
2. Process for 30 seconds (until mixture is blitzed and comes together. Should be sticky enough to roll into balls. If not, add a dash of boiling water)
3. Roll into balls (about a heaped teaspoon per ball)
4. Refrigerate for at least 30 mins. Store in the fridge in an air tight container.

## Recipe description

Flourless carrot cake balls made with high fibre oats, shredded coconut and dates. Recipe courtesy of Foost.

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