



Carrot Cake Energy Balls

No-bake energy balls · Makes 12



Ingredients



Grated carrots
1 cup, fresh



Oat flour
1 cup



Cookie butter
2 tbsp



Honey / maple syrup
3 tbsp



Cinnamon
1 tsp



Ground ginger
½ tsp



Nutmeg
½ tsp



Vanilla
½ tsp



Coconut
½ cup, desiccated

⚠ Allergen: wheat

Instructions

1

Combine all ingredients

Mix with hands in a bowl until a dough forms

2

Roll into 12 bite-sized balls

Use about 1 tablespoon of dough per ball

3

Dust in desiccated coconut

Roll each ball in coconut to coat

4

Chill to set

Place in the fridge for 20–30 minutes

⌚ Chill time
20–30 min

Nutrition

Whole recipe
1,035 cal
17.8g protein

Per ball (÷12)
90 cal
1.5g protein

