

Carrot Cake Energy Bites

Ingredients

1 medium	carrot, peeled and chopped
½ cup	drippy almond butter
½ cup	pure maple syrup
2 cups	flaked unsweetened coconut
2 cups	old fashioned oats
½ teaspoon	salt
1 teaspoon	vanilla extract
1 teaspoon	cinnamon (more or less to taste)

Directions

1. Use a food processor to pulse carrot until finely chopped (should be a generous ½ cup).
2. Add oats and coconut. Pulse until coarsely ground.
3. Add all other ingredients. Pulse until a smooth-ish, sticky “dough” forms. Use a spatula to push down several times.
4. Roll into balls. Store in the fridge for up to 1 week.

*Recipe adapted by Mariah Fredritz, CHES, ACE
from the Pinch of Yum blog*

