

Carrot Cake Bites

Ingredients

- 1 medium carrot, peeled and chopped
- Shy 1/2 cup nut butter (we use WOW butter at camp)
- 1/2 cup pure maple syrup
- 2 cups flaked unsweetened coconut
- 2 cups old fashioned oats
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla
- 1 1/2 teaspoon cinnamon (more or less to taste)
- 1/8 t clove
- 1/8 t nutmeg
- 1/8 t ground ginger

Directions

1. Cut the carrot into coins and then cut the coins into quarters. Add carrot pieces to the bowl of a food processor or a Vitamix and pulse until finely chopped. (You should have a generous 1/2 cup.- I like more carrot.)
2. Add oats and coconut. Pulse until coarsely ground. Add all other ingredients. Pulse until a dough" forms. (You might have to push it down with a spatula or use the tamper if using a Vitamix).
3. We used a small cookie scoop to form the balls and placed them on a parchment covered half sheet pan. You can place them in the freezer for 7-10 minutes or place them in the fridge for an hour or so to get them to firm up. We drizzled the bites with spiced white chocolate glaze.

White Chocolate Spiced Glaze

Ingredients

- 1/2 c white chocolate chips
- 1 T coconut oil
- 1 t cinnamon
- 1/8 t clove
- 1/8 t nutmeg

Directions

1. Place chocolate chips and coconut oil in a microwave safe bowl. Melt in 20 second increments, stirring after each, until mixture is melted.
2. Mix in spices and drizzle over bites.

Greystone