

CARROT CAKE BITES No-Bake



SERVINGS: 16



DIFFICULTY EASY



TIME: 15 MIN

Carrot Cake Bites are the perfect solution for satisfying your sweet tooth without the hassle of baking. Packed with wholesome ingredients and flavor, these bites will become a household favorite.

Ingredients

- 1 Cup Shredded Carrots (whole carrots or baby carrots)
- 1 Cup Medjool Dates Pitted
- 1 3/4 Cup Pecans
- 2 tsp Homemade Vanilla or your favorite vanilla
- 1/4 tsp Sea Salt
- 1 Drop Young Living [Cinnamon Vitality](#)
- 2 Drops Young Living [Nutmeg Vitality Oil](#)
- 1 Toothpick Dip Young Living [Ginger Vitality Oil](#)
- 1/4 Cup [Coconut Flour](#)
- 3/4 Cup [Unsweetened Coconut Flakes](#) for rolling

Notes

- You can NOT use just any store oils you find!
- If you want to know more about what I use and why [CLICK HERE!](#)



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Directions

1. Prepare the Carrots:

Use a food processor with a shredding blade to shred the carrots. Transfer shredded carrots to a small bowl and set aside.

2. Prep the Dates:

Measure pitted dates. Change to the blade attachment in your food processor and add the dates. Chop until they are broken into small pieces.

3. Blend Pecans and Dates:

Add the pecans to the food processor with the chopped dates. Pulse until the nuts are in small pieces and incorporated with the dates. Avoid over-blending.

4. Add Spices and Oils:

Measure out the salt and add cinnamon, nutmeg, and ginger essential oils. Add the seasoned salt to the date-nut mixture in the food processor for an even infusion of spicy flavor.

5. Incorporate Carrots and Flour:

Add vanilla extract and shredded carrots to the food processor; pulse a few times. Add 2 tablespoons of coconut flour, pulse twice, then add the remaining coconut flour. Pulse until the mixture forms a dough.

6. Form the Bites:

Line a baking sheet with parchment paper or use a Silpat mat. Use a cookie scoop to measure out the dough and place the bites on the baking sheet.

7. Toast Coconut Flakes:

On medium heat, toast coconut flakes in a dry pan. Stir frequently to avoid burning. Let the toasted coconut cool. Add the cooled, toasted coconut flakes to your clean, dry food processor and blitz a few times. Roll each carrot cake bite and place them back on the baking sheet.

8. Set and Enjoy:

Place the baking sheet in the freezer for about 15 minutes to set. Enjoy your carrot cake bites anytime!