Carrot Cake Energy Bites

The Goldring Center for Culinary Medicine
TULANE UNIVERSITY

These bakery-inspired bites have no added sugar thanks to dates which are naturally sweet with plenty of fiber, to keep you feeling full between meals.

YIELD	PREP TIME	TOTAL TIME
10 SERVINGS	15 MIN	15 MIN



INGREDIENTS

½ cup	Quick Oats
¼ cup	Sunflower Seeds, unsalted
10 each	Medjool Dates, pitted
1 each	Carrot, finely grated (1/2 cup)
2 Tbsp	Shredded Coconut, unsweetened
½ tsp	Vanilla Extract
½ tsp	Cinnamon, ground
¼ tsp	Ginger, ground
¼ tsp	Kosher Salt

For Rolling:

3 Tbsp	Shredded Coconut, unsweetened

CHEF'S NOTES

Store the bites in an airtight container in the refrigerator for up to one week or in the freezer for up to 3 months.

Add even more fiber and protein to these bites with chia seeds, ground flaxseed, or hemp seeds!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Make sure to remove the pits from the dates before beginning.
2. In a food processor, add the oats and blend for about 15 seconds to partially break them down. Add the sunflower seeds and process for another 15 seconds, until the seeds are mostly broken into small pieces.
3. Add the pitted dates, grated carrot, 2 Tbsp shredded coconut, vanilla, cinnamon, ginger and salt. Process until the mixture is mostly smooth and forms a cohesive ball.
4. Remove the mixture from the processor to a medium mixing bowl. Place the remaining 3 Tbsp shredded coconut in a small bowl or plate.
5. Using a 1 Tablespoon scoop, portion the mixture into 20 balls. Using clean hands, lightly roll the balls to smooth their shape before rolling in the coconut to coat each ball evenly.
6. Store in the refrigerator until ready to eat.

Nutrition Facts

10 servings per container

Serving size **2 bites (40g)**

Amount Per Serving

Calories **120**

	% Daily Value*
Total Fat 4g	**5%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 55mg	**2%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 3g	**11%**
Total Sugars 17g	
Includes 0g Added Sugars	**0%**
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.6mg	4%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.