

Carrot Cake Bites



Ingredients:

- 2 cups carrots, shredded
- 2 1/3 cups oatmeal, uncooked
- 2/3 cup almonds, chopped
- 1 cup dates, finely chopped
- 2 teaspoons cinnamon, ground
- 1 teaspoons ginger, ground
- 2/3 cup coconut flakes, unsweetened
- 1 cup water

Directions:

1. Place carrots, oatmeal, almonds, dates, and spices in a bowl and combine.
2. Add 1 tablespoon water to make the mixture easy to shape into bite sized balls. Add more water as needed.
3. Roll balls in the coconut.
4. Refrigerate bites in an airtight container for at least one hour before serving.
5. Refrigerate leftovers.

Makes 24 Bites



Tarrant County Public Health
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