

No-Bake Carrot Cake Bites

Tender, naturally sweetened carrot cake bites with dates, carrots, walnuts, cinnamon, and coconut flour! So simple, delicious carrot cake flavor, and the perfect healthier snack or dessert! Just 30 minutes, 9 ingredients, and 1 food processor required.



Servings: 16 bites
Prep Time: 30 minutes
Cook Time: 30 minutes
Storage: 7 days in refrigerator
Freeze: one month
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Ingredients

- $\frac{3}{4}$ cup peeled and finely shredded carrot (~1-2 carrots as recipe is written)
- 1 cup packed pitted medjool dates (measured after pits are removed)
- 1 $\frac{3}{4}$ cups raw walnuts (or pecans or cashews)
- 2 teaspoons vanilla extract
- $\frac{1}{4}$ teaspoon sea salt
- $\frac{3}{4}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground ginger
- 1 pinch ground nutmeg
- 4-6 TBSP coconut flour (or sub almond flour)
- $\frac{1}{4}$ cup raisins, optional (or sub other unsweetened dried fruit)

For Topping, optional

- $\frac{1}{2}$ cup desiccated coconut
- 8 teaspoon coconut butter, softened
- Monkfruit Powdered Sugar, sifted

Instructions

Using the grater attachment on your food processor (or a box grater), grate the carrot and set aside.

To the food processor, add the pitted dates and blend until small bits remain or a ball forms. Remove from food processor and set aside.

To the food processor, add walnuts, vanilla, salt, and spices. Blend until a semi-fine meal is achieved — about 15 seconds. Then add the dates and shredded carrot back in and pulse in 1-second increments until a loose dough forms and the carrots are just incorporated. Be careful not to over-blend. You're looking for a pliable dough, not a purée.

Add coconut flour 2 tablespoons at a time and pulse to combine. If it is not mixing, you may need to remove the lid and stir occasionally to encourage things along. You're not looking for a paste or purée here, but a tender, crumbly dough. Once well combined, add raisins (optional) and pulse/stir once more to combine.

Scoop out 2-tablespoon amounts and roll into balls with hands, and place directly onto a parchment-lined baking sheet or serving platter. Repeat until all dough is used up. If the bites are too sticky to roll, add a little more coconut or almond flour to dry the mixture out.

Roll in finely shredded coconut (optional) or in Monkfruit powdered sugar and enjoy immediately or refrigerate to chill/firm up.

If topping with coconut butter, place bites in the freezer to chill for 10-15 minutes, then top with fresh coconut butter (if butter is not pourable, warm in a double boiler until a pourable consistency is achieved). After topping with coconut butter, chill bites another 5-10 minutes to set.

Adapted *Minimalist Baker* recipe

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S.O.U.L. Food (*Seasonal/Sustainable, Organic, Unprocessed, and Local*)

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