

Carrot Cake Bites

Makes 15 bites

1 cup pitted medjool dates

1 x carrot, roughly chopped

1 cup walnuts

½ cup raw buckwheat groats

1 teaspoon maca powder (optional)

½ teaspoon ginger

1 teaspoon cinnamon

¼ teaspoon nutmeg

Pinch of clove

Pinch of salt

¼ cup coconut



Add all ingredients except for the coconut into a high speed blender. Blend until well combined (we leave ours a tiny bit chunky for texture). If your mix is too dry add 1-2 tablespoons of water. Roll into walnut sized balls and coat in coconut. Store in the fridge.