



Carrot Bliss Balls

Season:	all year round
From the garden:	carrots
Type:	snack
Difficulty:	easy
Country of origin:	
Serves:	30 small balls for tasting
Source:	Andrea Habacht, Oropi School Kitchen Specialist

Equipment

*Food processor

*bowl

*measuring cup

*measuring spoon

*plate

*grater

Ingredients

* 1 cup dried dates

* $\frac{3}{4}$ cup grated carrot

*1 cup mixed seeds (sunflower, linseed) and nuts (any)

*1 tbsp coconut oil

* $\frac{1}{3}$ cup shredded coconut plus extra for rolling

*1 tsp cinnamon, $\frac{1}{4}$ tsp nutmeg, pinch of salt

Method

1. soak dates in hot water for at least 5 minutes

2. grate the carrot

3. add all the ingredients to the food processor and pulse until smooth and combined

4. wet hands and scoop out a small amount to roll into a ball

5. put some shredded coconut, cocoa or a combination of both on a plate and roll the bliss balls in it

6.place in the fridge to firm up

Notes: any combination of nuts and seeds can be used. nut butters and cocoa are a good addition as well

Skills: measuring, *using a food processor*