

Carrot Cake Energy Bites

Culinary Medicine, Nutrition Services

Yields: approx. 12 balls

Equipment: prep bowls, shredder, food processor, spatula

Ingredients

1/2 cup nuts (e.g. pecans, macadamia)

1 cup tahini or pitted dates

1/2 cup old fashioned rolled oats

1/4 cup chia seeds

2 medium (1 cup) carrots, grated

1 tsp vanilla extract

1/4 teaspoon salt

3/4 teaspoon cinnamon, ground

1/2 teaspoon ginger, ground

1/4 teaspoon turmeric, ground

OPTIONAL (*include directly in the mix or crush and use to coat the outside of each ball*)

1/4 cup flaked coconut, toasted

1/4 cup pepita/pumpkin seeds, toasted

Instructions

1. In a food processor, add nuts and pulse to chop. Add all remaining ingredients and pulse until a paste forms.
2. Roll the mixture into bite-sized balls and coat energy balls with pepita and coconut mixture for a delightful finish.
3. Store in the refrigerator for up to 1 week or freeze.



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Why We Like This Recipe

Aren't we all looking to find a snack that meets our desire for satisfaction and health? These bites are excellent to batch and store in the refrigerator or freezer for ease of access to a nutrient dense snack.

Chef's Notes:

- Swap out the carrots for parsnips for a flavorful fall treat. Add or reduce sweetness play changing the amount of dates used. Get creative and modify with any nut or any seed to your preference.

Nutrition Notes:

- Made with whole & intact ingredients, which enhance the vitamin, mineral, fiber, and energy of the food. Eating nuts and seeds and spices increases intake of anti-inflammatory compounds—good for the heart, brain, and immune system!

Garden Notes:

- *Daucus carota* (carrot) is a biennial which grows a long taproot in the first year (the part we eat) and would flower in the second year if they were left to grow. The first carrots were purple and skinny and Dutch scientists bred pale orange



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