

Raw Carrot Cake Bliss Balls + Cashew Frosting

3 carrots (about 6 inches long) 9-10 large

medjool dates

2 cups oats (gluten-free if needed)

1 tbsp cinnamon

1/8 tsp nutmeg

1/8 tsp ginger

1/4 cup walnuts

1/8 tsp salt

Cashew Cream Cheeze Frosting (optional but SO GOOD):

1 cup cashews, soaked at least 2 hours (the longer the creamier)

1/2 cup plant-based milk

1/2 tsp vanilla extract

2 tbsp maple syrup

INSTRUCTIONS

1. Blend carrots in your food processor until a fine meal forms.
2. Set the carrot aside into a bowl.
3. Add the rest of the ingredients to the food processor and blend until evenly blended together, then add the carrots back in, and blend until a sticky ball forms (or close to it).
4. Roll into 1 inch balls with slightly wet hands.

5. Place in the freezer for 20 minutes.
6. You can be done! Or.... keep going to make a frosting covered bite, mmmm!
7. Make the frosting! Blend all frosting ingredients together in a blender until smooth and creamy.
8. Dip your bliss balls in the frosting, and place back in the freezer for storage.
9. These keep well in the freezer, and travel nicely in a to-go bag!