



### **ALLERGIES:**

No grains  
No dairy  
No eggs  
No gluten

**Prep time:** 15 mins

**Cook time:** Nil

**Serves:** 10-12 balls

## **RAW CARROT AND ALMOND BALLS**



### **INGREDIENTS**

- 500g carrots, grated
- 1 cup almonds
- 1 tbsp tahini
- 2 tbsp honey
- 1 cup desiccated coconut
- 1 tsp mixed spice
- 1 tsp fresh ginger, grated
- 1 tbsp flax meal

### **METHOD**

- Wrap grated carrot in a tea towel and wring out any moisture.
- Add all ingredients except half the coconut, into blender and process until smooth.
- Roll into walnut size balls and roll in extra coconut.
- Refrigerate for 1-2 hours until firm.
- Keep in an airtight container in the fridge or freeze for later.