

Carrot Cake Energy Bites

Prep Time 20 mins
 Total Time 20 mins
 Meal Type Breakfast, Snack, Side
 Contributed By



Source [Askew Nutrition & Fitness](#)

Servings 12



Ingredients

lb,c g,ml

- 1/3 cup sunflower butter (gluten free, if needed)
- 2/3 cup raisins
- 1/2 cup Walnuts, *chopped*
- 1/2 cup chocolate chips, mini
- 1/2 cup carrots, *grated*
- 1 cup unsweetened coconut flakes, *shredded*
- 1 Tbs coconut oil
- 1 tsp vanilla extract
- 1 tsp cinnamon, *ground*
- 1 tsp allspice, *ground*

Directions

Prep

1. Measure all ingredients
2. Shred carrots

Make

1. Mix all ingredients together in a blender or food processor.
2. Scoop with teaspoon-size spoonfuls onto a piece of parchment paper placed in a container.
3. Enjoy immediately or cover and store in the refrigerator for 7-10 days.

Notes

Serving size will depend on size of bites - mixture can make up to 12 bites, each serving being 2 bites.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	88	Total Fat 8.2g	12%	Total Carbohydrates 15g	5%
		Saturated Fat 3.1g	15%	Dietary Fiber 2g	8%
		Trans Fat 0.0g		Total Sugars 6g	
		Cholesterol 0mg	0%	Protein 2g	
		Sodium 6mg	0%		
Vitamin D 0mcg 0% · Calcium 10mg 0% · Iron 1mg 4% · Potassium 178mg 3%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -