

# Carrot & Beet Date Balls

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**Dietary:** V, VEG, DF, EF, NF

**Allergens:** Wheat

**Age group:** 8 months+

**Difficulty level:** Beginner

**Serves:** 12

**Prep:** 25 mins (+ 1 hour freezing)



# Carrot & Beet Date Balls



Vegetarian



Nut Free



Egg Free



Dairy Free

## Ingredients

- 1 cup (240g) Medjool dates, pitted
- ½ cup (80g) beetroot, peeled and grated
- ¼ cup (25g) carrot, peeled and grated
- 1 cup (80g) shredded coconut
- 1/3 cup (37g) rolled oats
- 2 tbsp (30g) chia seeds
- 2 tbsp (30g) pumpkin seeds

## COATING

- ½ cup (40g) shredded coconut, to roll the balls in (optional)

## Method

1. Place all ingredients into a high-speed food processor and process until smooth.
2. Roll into small balls and then coat in extra shredded coconut (optional).
3. Place in freezer to set for 1 hour.
4. Remove from freezer at least 10 min before serving.

**Storing leftovers:** Store in an airtight container in the freezer for up to 4 months.

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## Tips

### ✓ Allergies:

For a gluten-free version: Swap rolled oats for quinoa flakes.

### ✓ Easy ingredient swaps:

Swap carrot for additional beetroot.

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Swap chia seeds for flaxseeds, hemp seeds or pumpkin seeds.

### ✓ Baby-friendly version:

Serve mashed or in finger food-sized pieces.

### ✓ For fussy eaters:

Make sure the consistency is smooth – blend the vegetables and dates into a puree first before adding the rest of the ingredients.