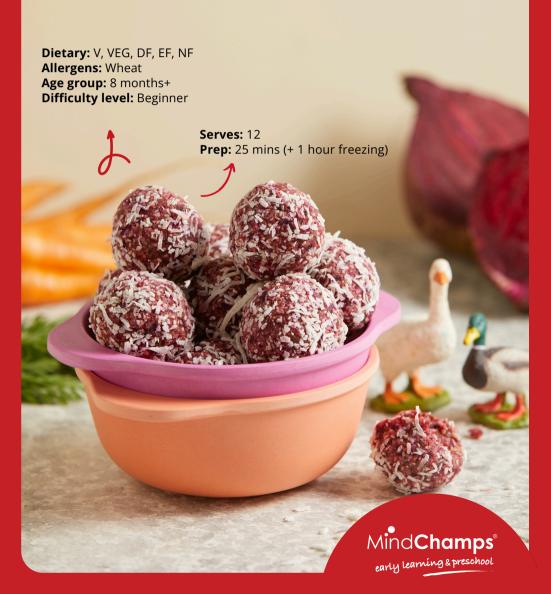
Carrot & Beet Date Balls



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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

Method

- 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.

COATING

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

Tips

√ Allergies:

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

√ Easy ingredient swaps:

Swap carrot for additional beetroot. Swap beetroot for additional carrot. 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.