



Carrot Cake Energy Bites



SERVINGS

24



COOKING TIME

0 min

Carrot Cake Energy Bites have all the best flavors of carrot cake rolled up into bite size pieces. This veggie filled sweet snack is made without any dairy products and doesn't require any baking. Just combine the ingredients, roll into bite sized balls, chill and enjoy.

Ingredients

- 2 ¼ cups [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 2 cups finely shredded carrots
- 2 tsp ground cinnamon
- 1 cup finely chopped dates
- 2/3 cup finely chopped almonds
- 2/3 cup coconut flakes
- Water

Cooking Instructions

1. Stir together first five ingredients (oats, carrots, cinnamon, dates and almonds).
2. Add water, one tablespoon at a time, as needed for shaping consistency.
3. Form the dough into 24 heaping tablespoon-sized balls.
4. Roll lightly in coconut flakes.
5. Refrigerate at least an hour before eating.
6. Store leftovers in refrigerator, covered.
7. Makes 24 bites.