



RAW VEGAN CARROT CAKE BITES

Yield: 24 pieces

Ingredients:

Cake:

- ❖ 3 cups shredded carrots
- ❖ 1 cup pitted Medjool dates, chopped fine
- ❖ 1 cup walnuts
- ❖ ½ cup unsweetened coconut flakes
- ❖ 1 teaspoon cinnamon
- ❖ ¼ teaspoon ground ginger
- ❖ ¼ teaspoon nutmeg
- ❖ ¼ teaspoon ground cloves
- ❖ Pinch of sea salt

Procedure:

To Make the Frosting:

1. In a blender, process the frosting ingredients until smooth and creamy.
2. Chill in the freezer for at least one hour.

To Make the Cake:

1. In a food processor, blend all the cake ingredients until well combined.
2. Spread and press mixture into a mini cheesecake or spring form pan.
3. Spread chilled icing on the cake. Garnish with additional walnuts, if desired.



Frosting:

- ❖ 1 cup raw cashews, soaked in water for 6 hours
- ❖ 2 tablespoons coconut oil, melted
- ❖ 3 tablespoons maple syrup
- ❖ 1 teaspoon vanilla
- ❖ 1 teaspoon fresh lemon juice
- ❖ ¼ teaspoon sea salt
- ❖ Water as needed for blending
- ❖ ½ cup walnuts, chopped for garnish