

Carrot Cake Bliss Balls

Traffic light category: **Amber**

Serves: 12 ball (35g each)

Ingredients

- 1 cup rolled oats, uncooked
- 1 cup pitted dates
- 1 cup carrot, peeled and roughly diced
- 1 tablespoon cinnamon
- 1 teaspoon ground ginger
- ½ cup shredded coconut



Carrots aren't just for the Easter bunny! This carrot cake inspired recipe take less than 15 minutes to prepare and is a great Easter treat.

Method

1. Place all ingredients in food processor
2. Process for 30 seconds or until mixture is blitzed and comes together. It should be sticky enough to roll into balls, if not, add a dash of boiling water and mix again
3. Roll into balls, approximately one heaped teaspoon per ball
4. Place on a tray lined with grease proof paper, refrigerate for at least 30 mins before serving
5. Store in an air tight container in the fridge.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	390kJ	1148kJ
Protein	1.5g	4.4g
Total fat	3.1g	9.2g
Saturated fat	2.3g	6.7g
Carbohydrate	13.6g	40.2g
Sugars	9.6g	28.3g
Dietary fibre	3.1g	9.0g
Sodium	6.3mg	18.6mg



Source: adapted from Foost.com.au



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☎ 9264 4999

✉ wasca@education.wa.edu.au  /wascainc

💻 waschoolcanteens.org.au  /wascainc