

Nutrition for Outside School Hours Care • another NAQ Nutrition program

This carrot cake bliss ball recipe is a great nut free snack option. Get children involved in a hands-on cooking activity - they will love measuring ingredients and rolling the mixture into balls!

Ingredients

Makes approx. 25 balls

- **2 large carrots, roughly chopped (approx. 2 cups)**
- **1 ½ cups rolled oats**
- **¾ cup sunflower seeds, toasted**
- **1 cup fresh dates, seeds removed**
- **3 teaspoons ground cinnamon**
- **1 ½ teaspoons ground ginger**
- **Desiccated coconut for rolling (optional)**



Method

1. Place carrots in a food processor and process until finely chopped.
2. Add remaining ingredients (rolled oats, sunflower seeds, dates, ground cinnamon and ground ginger) and process until almost combined, or until the mixture reaches the consistency of your liking.
3. Using a tablespoon, scoop mixture onto clean hands and roll into balls. Optional - roll in desiccated coconut.
4. Chill in the refrigerator until firm. Serve!

Notes: This recipe can be made ahead of time and stored in an airtight container in the refrigerator for a few days.