



No Bake Carrot Cake Power Bites

Yield: 1 serving

This sweet dish contains the Detox Superfood cinnamon! This spice supports digestion, eases nausea, and stimulates circulation. It is antiviral and antifungal, and it balances blood sugar.

Ingredients

- 1 large carrot
- 2 tablespoons almond meal (ground raw almonds)
- ¼ cup unsweetened desiccated coconut, sulfite free
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon ground cardamom
- Pinch sea salt
- 2 pitted Medjool dates

Instructions

1. Using the finer side of the grater, grate the carrot.
2. When done, squeeze out the excess liquid from the grated carrot. You should have about ¼ cup of grated carrots.
3. Put the almond meal, coconut, spices, and salt in a high speed blender or food processor. Pulse for 30 seconds.
4. Next, add the carrots and dates to the food processor or blender, and mix until everything has blended.
5. Using a cupcake tin lined with parchment baking cups or parchment paper, place about 2 to 3 tablespoons of mixture in each cupcake hole and press down.
6. Place in the freezer overnight.
7. Take each Power Bite out of the freezer at least 15 minutes before you plan on eating it.