



Carrot Cake Energy Bites



INGREDIENTS

¾ cup Hy-Vee California sun-dried raisins
½ cup Hy-Vee old fashioned oats
½ cup Hy-Vee dried pineapple
¼ cup Hy-Vee chopped pecans
¼ cup Full Circle Market organic chia seeds
1 ⅓ cups shredded carrots
1 tsp Hy-Vee ground cinnamon
1 tsp Hy-Vee vanilla extract
¼ tsp Hy-Vee salt
¼ tsp Hy-Vee ground ginger, optional

PREPARATION

- 1** Place raisins, oats, dried pineapple, pecans, and chia seeds in a food processor. Cover and pulse until finely chopped.
- 2** Add shredded carrots, cinnamon, vanilla extract, salt, and ground ginger, if desired. Cover and process until mixture forms a ball.
- 3** Roll mixture into 24 balls (about 1 tablespoon each). Refrigerate 1 hour before serving. Store in an air-tight container in refrigerator for up to 1 week.

NUTRITION FACTS

Calories: 110	Sodium: 70mg
Total Fat: 3g	Carbohydrates: 19g
Saturated Fat: 0g	Fiber: 3g
Trans Fat: 0g	Sugar: 12g
Cholesterol: 0mg	Protein: 2g