

# Carrot, Coconut & Cardamom Bites



## **Ingredients:**

6 Dried Apricot Halves  
1/4 cup Raw Honey or Agave  
1/4 cup + 1 Tbsp. Almond Butter  
1/3 cup Flaxmeal  
✌️ finger pinch Kosher Salt  
2/3 cup Old Fashioned Rolled Oats  
1 Average Whole Carrot, finely grated  
1/2 tsp. Cardamom  
1/8 tsp. Turmeric  
1/4 cup Shredded Unsweetened Coconut

## **Directions:**

**Step 1:** Combine first 5 ingredients (thru salt) in a food processor or blender. Pulse 5 – 6 times then process for about 20 seconds.

**Step 2:** Add oats, grated carrot, cardamom and turmeric. Pulse 5 – 6 times then process for about 20 seconds.

**Step 3:** Using a Tbsp. or small spoon, portion out mixture and shape into bite-sized balls. Roll each ball into 1/4 cup shredded coconut. Refrigerate in an airtight container until ready to enjoy.



## **Carb & Fat Portions:**

**2 Unit Portion Carbs & Fat:**  
2 carrot-cardamom bites

**3 Unit Portion Carbs & Fat:**  
3 carrot-cardamom bites

**4 Unit Portion Carbs & Fat:**  
4 carrot-cardamom bites

**5 Unit Portion Carbs & Fat:**  
5 carrot-cardamom bites