



RAW CARROT CAKE BITE

BASE LAYER

- 1 cup Dates
- ½ cup Walnuts
- ½ cup Ground Almonds
- ¾ cup Carrots (grated or shredded in a food processor)
- ¼ cup. Desiccated Coconut
- 1 tsp Vanilla Extract
- 1 tsp Ground Cinnamon
- ¼ tsp Mixed Spice
- 2T Coconut Oil (melted)

1. Cover dates in boiling water and soak for 10-15mins. Drain any excess water.
2. Chop walnuts in a food processor. Place in a mixing bowl.
3. Blitz soaked dates in food processor until smooth date paste. Add to the mixing bowl.
4. Add ground almonds, grated carrots, coconut, vanilla, cinnamon, mixed spice, and melted coconut oil to mixing bowl.
5. Mix all ingredients until combine.
6. Line 20x 20 baking tin with baking paper.
7. Press mix into tin and place in fridge to firm up.

TOP LAYER

- ½ cup Cashew Nuts
- 1 can Coconut Cream (refrigerated overnight)
- 2T Coconut Oil (melted)
- 2-3T Pure Maple Syrup (sweeten to taste)
- 1t Lemon juice
- 1t Vanilla Extract

1. Soak cashews in hot water for a minimum of two hours – drain excess water.
2. Remove the coconut cream from the fridge without tipping or shaking and remove the lid. Scrape out the top, thickened cream and leave the liquid behind. You need ⅓ cup of the thickened cream.
3. Put cashews, thickened coconut cream, coconut oil, maple syrup, lemon juice and vanilla extract into a food processor or blender. Blend until creamy and there are no cashew pieces – it can take 5 minutes to get a really creamy 'cream cheese' like texture.
4. Pour over base.

GARNISH

- 2T Desiccated Coconut
- 2T Walnuts
- 2T Pumpkin Seeds
- ½ t Cinnamon
- 6 Dried Apricots

Place all ingredients in a food processor and blend until fine crumb. Sprinkle over the top layer. Refrigerate for two hours or until set. Slice into bite size pieces.

MAKES APPROX. 25 BITES

Fun fact

Mel Blanc, the original voice of Bugs Bunny reportedly disliked carrots.

What's up with that Doc?

