

Carrot Cake Balls

(dipped in Raw Chocolate)

Ingredients:

2 Large carrots, peeled (about 1/2 a pound)
1 large tart apple, peeled and cored
1 1/4 cups dried shredded coconut
1/2 cup chopped up raisins or dates
3/4 cups finely chopped pecans
(with a few larger chunks)
1 1/2 tsp ground cinnamon
1/2 tsp ground ginger
(or fresh grated ginger to taste)
1/4 tsp nutmeg and a Pinch of salt
3 Tbsp RAW honey
(palm sugar or agave)
3 Tbsp RAW nut butter
(almond, pecan, walnut, cashew)
Juice from half a lime
1/2 cup coarsely chopped fresh basil
2 teaspoons grated orange rind



Chocolate Dipping Sauce:

1/4 cup coconut oil
2 Tbsp raw honey
1/2 tsp vanilla
7 Tbsp of raw cocoa
(add another half Tbsp
for making a drizzle)

Directions:

Finely grate the carrots and apple, by hand or w/a food processor. Then press out as much juice as possible by using a fine sieve or strainer. You may also use the pulp from your juicer. Add the rest of the ingredients, except the cocoa to the carrot/apple pulp. Mix well.

Roll the dough into balls (about 1 Tbsp worth of dough) Chill the cake balls in the freezer for about 30 min.

While the cake balls are chilling prepare the chocolate...Start with room temperature unrefined coconut oil (it's liquid point is around 76 degrees).

In a small bowl, combine the liquefied coconut oil, vanilla, honey and cocoa. Whisk together until the chocolate is well combined, with no lumps. Using a wood skewer or dipping fork, dip the frozen cake balls into the chocolate. Let some of the chocolate drip off than allow the chocolate to harden while you hold the stick (it will harden pretty fast).

Allow all of the excess chocolate to drip off so that you will have enough chocolate to finish all the cake balls.

Note: Cake balls should be kept in the freezer for best results. Take them out about 5 min before serving. They should be fine for up to 15 min before starting to soften too much.



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