

Carrot Cake Energy Bites



Ingredients

- 2 ¼ cups Quaker® Oats (quick or old fashioned, uncooked)
- 2 cups finely shredded carrots
- 2 tsp ground cinnamon
- 1 cup finely chopped dates
- 2/3 cup finely chopped almonds
- 2/3 cup coconut flakes
- Water

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
60 min	0 min	60 min	24

Made with

How to make it

1. Stir together first five ingredients (oats, carrots, cinnamon, dates and almonds).
2. Add water, one tablespoon at a time, as needed for shaping consistency.
3. Form the dough into 24 heaping tablespoon-sized balls.
4. Roll lightly in coconut flakes.
5. Refrigerate at least an hour before eating.
6. Store leftovers in refrigerator, covered.
7. Makes 24 bites.



Quaker® Oats-Quick 1-Minute Oats