

A top-down photograph of a dark wooden bowl filled with several round, golden-brown carrot cake bliss balls. The balls are studded with white almond flakes, dark chia seeds, and small pieces of red dried fruit. To the left of the bowl, a single almond lies on a dark, textured wooden cutting board. In the upper left corner, a white bowl contains sliced orange carrots. The background is a light-colored wooden surface.

CARROT CAKE BLISS BALLS



LifeShape Clinic

CARROT CAKE BLISS BALLS

INGREDIENTS

1 cup chopped dates
1 cup grated carrot
1/2 cup shredded spinach
1 cup almond meal
1 tsp cinnamon
1/2 tsp mixed spice
1/4 tsp ground cloves
1/2 freshly squeezed orange
1/4 tsp vanilla extract
1/2 cup roughly chopped walnuts
1/2 cup oats
Poppy seeds and roughly ground almonds/LSA for coating

10 MINS
OR LESS



METHOD

1. In the order listed, gradually add ingredients to a food processor, adding small dashes of water to help combine.
2. Remove the processor blade and stir through the walnuts and oats.
3. Scoop a heaped teaspoon of the mixture and roll into balls. Coating in poppy seeds and ground almonds.

Nutrition Guide

PER SERVE

Energy (cal)	99cal
Protein	2.4g
Fat	6.2g
Saturated Fat	0.4g
Carbohydrate	8g
Sugar	6g
Sodium	5mg
Fibre	2.3g

1200

RECIPE VARIATION

Snack Requirement: 70 - 100 cal
Meets Requirements: Yes
Total Meal Calories: 99 cal

1500

Snack requirement: 120 - 150 cal
Meets requirements: No
Recommendations: Make recipe into 15 portions
Total meal calories: 133 cal

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