



# Carrot *bombs*



These are an odd little number that defy description, but they have proven a good munchie to have on hand at any time of the day including as a pre-brekkie snack!

Even better, they are basically all good stuff with no added sugar, fats or oils, and are egg and gluten free with no flour to complicate things.

If you have a good food processor, you're all set for this one.



**Method:** Prepare the carrots and get an airtight storage container ready.

Using a food processor, chop prepared carrots so they look finely grated. Add raisins and spices, blitz. Ditto the coconut in a couple of batches – it sounds like a lot, but keep going, it'll be fine. As the mixture becomes smooth, it will all sort of stick together a bit – so then tip it out into a mixing bowl and give it a good stir – it'll come together more.



Shape into balls of a suitable size – I did big-ish tablespoons.

Roll in more desiccated coconut – I did these in sesame seeds for a change, and we liked that more.

Store in the fridge in an airtight container – they'll keep fine for a week.

Safe to send in school lunch boxes, better in an esky if you are taking them out for a day picnic in the heat of an Australian summer.

- 3/4 cup dried pitted dates
- 1/2 cup raisins
- 1 1/2 cup desiccated coconut
- 1 large carrot, or 2 medium, peeled and chopped
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- more coconut, or sesame seeds, about 1/3 cup