

Carrot Oat Balls

INGREDIENTS

- 1 cup rolled oats
- 1/2 cup shredded carrots
- 1/4 cup raisins
- 1/4 chopped almonds
- 1/2 tsp cinnamon
- 1/8 tsp cloves
- 1/8 tsp nutmeg
- 1/3 cup almond butter or pure organic ghee
- 1/4 cup 100% maple syrup or raw honey

DIRECTIONS

- In a mixing bowl, mix together oats, shredded carrots, almonds, raisins, and cinnamon.
- Add almond butter / ghee and honey and mix together thoroughly.
- Place mixture in the refrigerator for one hour.
- Shape into one-inch bites.

