

Delicious Carrot Cake Balls

Description

These bites are a perfect low carb and vegan treat.

Prep time/Total time: Fifteen minutes

Servings: 15

Ingredients

- 1/2 cup of coconut flour
- 1/2 cup plus 1 Tablespoon of water
- 2 Tablespoons of unsweetened applesauce
- 1/2 teaspoon of vanilla extract
- 1 teaspoon of cinnamon
- 4 tablespoons of granulated Lakanto Monk Fruit Sweetener
- 1 carrot, finely chopped or shredded
- 4 tablespoons of reduced fat shredded coconut

Instructions

1. Mix the water, applesauce, flour, and vanilla extract in a mixing bowl and combine.
2. Add in the Lakanto, cinnamon, and shredded carrots into a bowl and stir to mix. Transfer the dough to the refrigerator and chill for fifteen minutes.
3. Pour the shredded coconut into a small bowl, then remove the dough from the fridge. Roll the dough into fifteen cake balls and then roll the balls in the bowl of shredded coconut until coated.