

# Recipes

## **Carrot Cake Energy Bites**

**Serves 22**

### **Ingredients**

- 1 cup pitted dates
- ½ cup old-fashioned rolled oats
- ¼ cup chopped pecans
- ¼ cup chia seeds
- 2 medium carrots (about 4 oz. total), finely chopped
- 1 teaspoon vanilla extract
- ¾ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground turmeric
- ¼ teaspoon salt



Photo courtesy of <https://www.eatingwell.com/recipe/273188/carrot-cake-energy-bites/>

### **How to Make It**

1. Combine dates, oats, pecans, and chia seeds in a food processor; pulse until well combined and chopped.
2. Add carrots, vanilla, cinnamon, ginger, turmeric, salt, and pepper; process until all ingredients are well chopped and a paste begins to form.
3. Roll the mixture into balls using a scant 1 Tbsp. each.

## Nutrition information

**Serving Size:** 1 bite

**Per Serving:** 48 calories; protein 0.9g; carbohydrates 8.2g; dietary fiber 1.6g; sugars 5.1g; fat 1.7g; saturated fat 0.2g; vitamin a iu 873.8IU; vitamin c 0.3mg; folate 4.2mcg; calcium 21.2mg; iron 0.4mg; magnesium 14.5mg; potassium 87.6mg; sodium 30.4mg.

# Recipes

## *Pineapple Nice Cream*

**Serves 6**

### **Ingredients**

- 1 16-ounce package frozen pineapple chunks
- 1 cup frozen mango chunks or 1 large mango, peeled, seeded and chopped
- 1 tablespoon lemon juice or lime juice



Photo courtesy of <https://www.eatingwell.com/recipe/261424/pineapple-nice-cream/>

### **How to Make It**

1. Process pineapple, mango and lemon (or lime) juice in a food processor until smooth and creamy. (If using frozen mango, you may have to add up to 1/4 cup water.) For the best texture, serve immediately.

## Nutrition Information

**Serving Size:** 1/2 cup

**Per Serving:** 55 calories; protein 0.6g; carbohydrates 14.2g; dietary fiber 1.5g; sugars 11.2g; fat 0.2g; vitamin a iu 341.5IU; vitamin c 47.1mg; folate 25.9mcg; calcium 13mg; iron 0.3mg; magnesium 12mg; potassium 131.2mg; sodium 1.1mg; thiamin 0.1mg.

**Exchanges:** 1 fruit