

Raw Carrot Cake

Ingredients

500g pitted dates
500g grated carrot
Zest and juice of an orange
250g desiccated coconut
50g pumpkin seeds
Shredded coconut

Method

Bring a pot of water to the boil and add the dates. Cook for a few minutes to soften. Drain and rinse under cold water.

Peel and grate the carrots in the food processor.

Add the pumpkin seeds and blitz briefly.

Cut the dates in half when they are cool enough to handle, then add to the processor. Then add the zest and juice of the orange and the desiccated coconut and blitz until combined.

Roll the balls into small golf ball sized balls. (to make about 30)

Roll each ball in shredded coconut and refrigerate until ready to serve.