

Chocolate covered Carrot Cake Bites

Ingredients:

2 sweet red apple (peeled, cored and quartered)

2 large sized carrot, peeled

* 1 carrot to prepare with hand grater, transfer to a nut bag or fine mesh strainer and squeeze or press out as much juice as you can

* 2 apple + 1 carrot for juicing

Set the juice aside and transfer the pulp into a food processor with all the ingredients (except cranberries and grated carrot) and process until well combined.

1/2 cup shredded coconut

1/3 cup pecan

1/4 cup dried cranberries

2 tbsp almond butter

1 tbsp coconut butter

1 tsp coconut nectar

few drops vanilla extract

1/2 tsp cinnamon

dash of nutmeg

1 tsp fresh lemon juice

4 tsp fresh carrot / apple juice

1 tbsp ground hazelnut

Add cranberries and grated carrot and pulse a few times. Fill your mold (I used chocolate mold) with dough, press down firmly. Makes around 20 squares but depends on what size of mold you using. Place in the fridge until firm (about 2- 3 hours).

for Chocolate coating:

1/4 cup coconut butter

1/4 cup cacao butter

1 tbsp or 1 heaped tbsp coconut oil

(depend on how soft you want your chocolate coating, I used 1 heaped tbsp)

stevia or coconut nectar to taste

few drops vanilla extract

*1 tbsp cacao powder for dark chocolate

Melt coconut butter and cacao butter. After the butter is melted add the coconut oil, vanilla, stevia or coconut nectar ... cacao powder and whisk together.

Remove the cake bites from the freezer and dip it each in the chocolate -dip each twice for a nice thick coating. Drizzle with finely ground dried hibiscus flower. Transfer to an airtight container and store in the fridge.

Enjoy!

