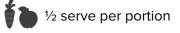
Carrot and Hemp Balls

Serves: 8 Prep time: 10 minutes Cook time: 0 minutes



Ingredients

¼ cup walnuts
¼ cup hemp seeds
¼ cup almond meal
1 tablespoon cinnamon
½ cup dates, chopped
1 tablespoon ginger, grated.
½ cup carrot, grated
2 tablespoons olive oil, extra virgin
¼ cup desiccated coconut



Discretionary Food

Method

PLACE nuts, almond meal, hemp seeds, in blender and blitz until evenly chopped. ADD remaining ingredients and blitz until combined. *To make into balls:*

ROLL into balls then chill for 1 hour or overnight if possible. *To make into a slice:* PLACE on plastic wrap and form into a log about 3cm in diameter. CHILL for at least 1 hour or overnight then slice into medallions to serve.

Courtesy of Lindy Cleeland, CUA of Tasmania

