

## Carrot and Hemp Balls

**Serves:** 8

**Prep time:** 10 minutes

**Cook time:** 0 minutes



½ serve per portion

### Ingredients

¼ cup walnuts

¼ cup hemp seeds

⅓ 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

### 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.



Discretionary Food

*Courtesy of Lindy Cleeland, CWA of Tasmania*