Carrot Cake Power Balls

- 1. Combine oat flour, almond meal, cinnamon, baking powder and salt until well mixed.
- 2. Add softened coconut oil, syrup, vanilla extract and cooked mashed carrots. Combine well.
- 3. Form into bite-sized balls. Roll in chopped walnuts.
- 4. Bake power balls on a parchment lined baking sheet in a 350 degree oven for 18 minutes. Enjoy!

Notes: Oat flour and almond meal may be purchased (I used Bob's Red Mill Brand oat flour and Trader Joe's almond meal), or they can be made. Put 1 cup rolled oats into your food processor and pulse until it is a flour consistency. Do the

same with raw almonds.

Carrot Cake Power Balls are a **BFF** (Boutique Fitness Favorite)! They are packed with clean wholesome ingredients, yet so nutty and delicious they feel like a treat. Carrot Cake Power Balls make a delightful substitution for cookies or donut holes at summer parties, or wrapped up to enjoy at the beach!