

# **Vegan Monday: Sweet Raw Carrot Truffles - A Quick And Healthy Delight**

## **Ingredients:**

Difficulty: Easy

(makes about 20-22 balls)

5 dl (or 2 cups or 200 gr.) raw walnuts

2.5 dl (or 1 cup ) grated carrots

10 dried, pitted dates (or 10 dried figs, which makes it even tastier!)

1/2 dl + 2 tbsp (or 1/3 cup or about 80 gr.) raisins

4 tbsp coconut flour (or almond flour)

1 tsp ground cinnamon

1/2 tsp ground allspice

1/2 tsp ground ginger

(optional addition: 1/2 tsp ground cloves)

## **Instructions:**

1. Put ALL the ingredients in a food processor and process until they are able to stick each other to form balls. I like having a bit of a bite with each ingredient, especially walnuts. That's why I process the mixture carefully and do not leave it to be fully ground. If you like it otherwise, process until you get the texture / consistency you like.
2. Transfer the mixture into a bowl.
3. Take about a tablespoon from the mixture and form balls. That's it! You can make a bit bigger balls too if you like (then you'll have fewer balls in total, remember), but I find a tablespoon size makes much better portions. Enjoy!