

No-Bake Mini Carrot Cake Bites



Yield: 9 bites

Prep time: 15 minutes

Cook time: None

Ingredients for the bites:

- 1/3 cup pecans
- 1/3 cup walnuts
- 1/3 cup cashews
- 1 cup Medjool dates, pitted
- 1/2 cup shredded carrot
- 1 tsp ground cinnamon, plus more for dusting
- 1/2 tsp ground nutmeg
- 1/4 tsp Himalayan pink salt

Ingredients for the frosting:

- 1/2 cup raw cashews, soaked overnight and drained
- 2 tbsp freshly squeezed lemon juice
- 1/4 tsp lemon zest
- 1 tsp maple syrup
- 1/2 tbsp **Lakanto**
- 1/2 tsp pure vanilla extract
- Pinch of Himalayan pink salt, or to taste
- 2–4 tbsp water, based on desired thickness

Instructions: In a food processor, pulse the pecans, walnuts, and cashews until fine. Add the dates, carrots, cinnamon, nutmeg, and salt, and combine well. Line an 8 x 8-inch cake pan with parchment paper. Press the mixture into the prepared pan, and smooth. Place in the refrigerator to chill while you make the frosting.

To make the frosting, in a small high-speed blender, combine the cashews, lemon juice, lemon zest, maple syrup, sweetener, vanilla, salt, and 2 tablespoons water. Blend until creamy. Scrape down the sides and add more water if needed to achieve a creamy, spreadable texture.

Remove the carrot cake from the refrigerator, and spread the frosting evenly over top. Return to the refrigerator for at least 1 hour to chill before cutting into bite-sized squares. Dust with cinnamon before serving.



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