



## 10 Day Alkaline Challenge

### Menu Plan - Day 6 - Recipes

#### Dessert

##### Carrot Cake Bites - Makes 12-14

##### INGREDIENTS:

1 carrot, grated  
150g medjool dates, stoned & roughly chopped  
250g pecan nuts  
50g raisins  
grated zest of 1 orange  
1/4 tsp ground cinnamon  
1/4 tsp ground ginger  
pinch of freshly grated nutmeg  
50g desiccated coconut



##### METHOD:

1. Squeeze out any excess liquid from the grated carrot
2. Place all the ingredients, apart from the coconut into a food processor and whizz until the mixture comes together in a large clump, scraping down the sides of the bowl a couple of times if necessary
3. Line a plate or baking sheet with greaseproof paper
4. Take a teaspoon of the mixture, roll into a ball and place on the greaseproof paper. Repeat to make 12-14 golfball-sized spheres in total
5. Put the desiccated coconut into a bowl and roll each ball in the coconut to coat. Place the balls on the lined plate and refrigerate overnight

**NOTE:** Sweet treats don't necessarily have to be full of process sugar. The natural sugars found in dates and raisins satisfy those cravings just as well as any chocolate bar or slice of cake can. This recipe is suitable for vegans too.