

Age NI Good Vibrations

Video Two Recipe Sheet: 'Eating for Energy' Carrot Cake Energy Bites

Has your get-up-and-go got up and gone?
Find out what to eat to help you get your bounce back.



Ingredients

- 1 small carrot, finely grated
- 100g dates (without stones)
- 150g cashew nuts
- 40g oats
- Zest of 1 large orange
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- Grated nutmeg

Method

1. Place all the ingredients in a food processor or NutriBullet until well mixed and the ingredients start to stick together slightly.
2. Roll the mixture into bite-size balls – about a teaspoonful for each ball.

