

No-Bake Carrot Cake Bites

Recipe adapted from: Dristi Patel, Quantity Foods Sp 24

INGREDIENTS

- 1 cup shredded carrots
- 1 ¼ cup oats (ground)
- 1/4 cup shredded coconut
- 1/4 cup raisins
- 1 tsp cinnamon
- 1/2 tsp ginger (ground)
- 1/2 tsp nutmeg
- 1 tbs vanilla
- 1/2 cup creamy Sunflower Butter
- 1/4 unsweetened oat milk
- 1/4 cup maple syrup

DIRECTIONS

1. Place raisins in a bowl full of water and let them soak until they are plump
2. Shred carrots
3. In a large bowl, whisk together ground oats, shredded coconut, cinnamon, ginger, and nutmeg.
4. Drain the raisins. Add the sunflower butter, oat milk, maple syrup, carrots, and raisins to the large bowl.
5. Stir the mixture until evenly combined.
6. Roll the mixture into balls, roll in coconut, and place them in the refrigerator to chill.



FUN FACT

Did you know that carrots were originally grown for their aromatic leaves and seeds rather than their roots? Carrot cake, which has been popular since the Middle Ages, was often served as a sweet treat because sugar and sweeteners were hard to come by! Enjoy these No-Bake Carrot Cake Bites as a tasty nod to history!

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Carrot Craze: Your Daily Dose of Beta-Carotene!



NUTRITION FACTS

- Carrots are packed with nutrients, including beta-carotene, vitamin K, potassium, and antioxidants. Just a half cup of raw carrots provides more than 100% of your daily recommended intake of vitamin A, supporting healthy vision and immune function.
- The absorption of beta carotene is up to 6.5x better if the carrots are cooked.

GARDENING, SHOPPING & PREPARATION TIPS

- Carrots thrive in loose, well-drained soil with plenty of sunlight. Ensure proper spacing between seeds or seedlings to allow for adequate root development. Keep the soil consistently moist but not waterlogged.
- Look for carrots that are firm, smooth, and brightly colored. Avoid carrots with soft spots or signs of decay. Fresh carrots with their tops still attached are often the best choice as they tend to be more flavorful.
- Rinse carrots under cold water to remove any dirt or debris. Peel if desired, or simply scrub them clean with a vegetable brush. Carrots can be enjoyed raw as a crunchy snack, added to salads, soups, stews, or roasted for a caramelized flavor.

PRODUCE SEASONALITY IN NJ

- Carrots: Beginning of June - End of November

Did you know?

- Carrots get their bright orange color from beta carotene, an antioxidant that your body converts into vitamin A.
- This nutrient promotes good vision and is important for growth, development, and immune function.

