

Carrot Cake Bites

Prep time: 15 minutes. Fridge time: 1 hour. Makes: 25 bites

These healthy snacks are quick and easy to prepare! Recipe from *Rabbit Food for My Bunny Teeth*

Ingredients:

- 1 cup rolled oats
- ½ cup carrots, shredded
- ¼ cup almonds, chopped
- ¼ cup raisins, chopped
- ¼ cup flaxseed, ground
- ½ tsp cinnamon
- ½ cup almond butter
- 1/3 cup maple syrup

Directions:

1. In a mixing bowl combine oats, carrots, almonds, raisins, flaxseed, and cinnamon. Mix well, add almond butter and maple syrup and stir until evenly combined. Place in refrigerator for at least one hour. Shape into one-inch bites. Store in freezer.

Nutritional Value of Select Ingredients

Oats – This grain is a great source of complex carbs, and is high in protein and fibre. They can help normalize blood sugar levels and are good for a sluggish thyroid. Oats are high in tryptophan, iron, and phytochemicals.

Carrots – Carrots are one of the best sources of beta carotene, which balances the immune system and reduces the risk of many cancers. They also guard against cardiovascular disease, reduce inflammation, slow the aging process, and are great for digestion disorders. Contain fibre, calcium, iron, and many other vitamins and minerals.

Almonds – Almonds are called the king of nuts because they are high in calcium, potassium, magnesium, phosphorus, folic acid, EFA's, and protein. Loaded with phytonutrients, they are called the anti-cancer nut.

Flax seeds – Flax seeds are a great laxative, and are high in essential fatty acids (EFA's) (when ground or chewed). They are full of anti-cancer lignans and phytoestrogens. The oil found in flax seeds can aid in reducing cholesterol and slow the progression or rheumatoid arthritis and atherosclerosis.

Cinnamon – This spice has antiseptic properties, is a digestive aid, has anticancer properties, and is beneficial for the heart, lungs, and kidneys. It also helps lower blood pressure and makes insulin more efficient.