

MORRIS
Cardiovascular and Risk Reduction Center
BLUE ZONES
RAW CHOCO BITES WITH OATS AND CARROTS

INGREDIENTS:

- 1 carrot
- 1 banana
- ½ cup rolled oats
- 3 dried figs
- 3 dates
- 2 tsp raw cacao (no sugar added)
- *Optional:* Shredded coconut

INSTRUCTIONS:

1. Chop carrot in large pieces. IN a food processor, blend carrots, figs, and dates for 10-15 seconds or until minced. Set aside
2. In a large bowl, add banana and oats and mash with a fork or bare hands. Add carrot mix and raw cacao. Blend together until mixture is uniform. Shape into 1-inch round bites and set aside.
3. Pour some shredded coconut (if using) in a small bowl and roll each bite until coconut covers the surface. Enjoy!

→ **ALSO TRY:** You can also try using shredded nuts and/or seeds in place of the coconut, or mixed in with the coconut.

Recipe Provided By: Naked Food Magazine by Margarita Restrepo & Michele Lastella