



From our kitchen to yours

The chefs from RBG's on-site catering team are providing weekly recipes from their kitchen for you to create at home. Bon appétit!

VEGAN

Coconut-Carrot Energy Balls

OVERVIEW

PREP TIME: 10 minutes

TOTAL TIME: 10 minutes

INGREDIENTS

3 medium carrots (peeled, roughly chopped)

1 cup oats

1 cup sunflower seeds

½ cup dates (pitted)

1 Tbsp coconut oil

1¼ tsp cinnamon

½ tsp ginger powder

Shredded coconut (for rolling)

DIRECTIONS

1. Place carrots in a food processor and blitz until they are finely chopped.
2. Add the rest of the ingredients except the coconut to the food processor and blitz until the mix starts to come together in a large ball (about 5 minutes).
3. Using a teaspoon, form into balls. The mixture will be very sticky.
4. Roll the balls in the shredded coconut and refrigerate for 1 hour or up to 5 days.

DID YOU KNOW?

Watch as your kids gobble-up this delicious hidden-vegetable recipe full of flavour and vitamins. Coconuts are high in manganese which is good for your bones, while carrots are high in Vitamin A which is good for your eyes and immune system.

