

Easy Carrot Cake Energy Bites



Inspired by the classic dessert we all love, these energy balls are like a little bite of sweet comfort—guilt-free. Perfect for a nourishing snack or a post-workout treat, they fit seamlessly into a nutrition plan tailored for [sports performance](#), following the recommendations of our dietitians. They also tuck easily into a lunchbox.

Preparation 10 min

Cooking 0 min

Waiting 30 min

Servings 12

Nutrition Facts (per serving)

Calories 120

Fat 5

Carbohydrates 11

Fibre 2

Protein 8

Sodium 25

Ingredients

- 375 ml (1 ½ cups) oat flour
- 2 scoops (about 60 g) vanilla protein powder
- 125 ml (½ cup) finely grated carrot
- 90 ml (6 tbsp) unsweetened applesauce

- 60 ml (¼ cup) natural almond butter
- 5 ml (1 tsp) cinnamon

Coating:

- 60 ml (¼ cup) unsweetened shredded coconut

Preparation

1. In a medium bowl, mix all the ingredients together.
2. Refrigerate for 30 minutes to firm up the mixture.
3. Shape into 12 small balls using your hands, then roll in the shredded coconut.
4. Place in an airtight container and refrigerate until ready to enjoy.

Notes

Keeps for up to 5 days in an airtight container in the refrigerator or up to 3 months in the freezer.

For a creamier version, add 30 ml (2 tbsp) of light cream cheese and reduce the unsweetened applesauce by half. You can also personalize the recipe with raisins, chia seeds, flax seeds, or other toppings to taste.



Elsa Rochette – Nutritionniste Diététiste à Québec
Registered Dietitian Nutritionist in Quebec City