

## *Carrot Yumminess*

### INGREDIENTS:

#### **For the base:**

1 cup ground carrots

2 cups walnuts

1 cup raisins

1 cup almonds

2 tbsp agave nectar

Pinch of sea salt

#### **For the glaze:**

1 cup cashews

2 tbsp agave nectar

½ tsp vanilla extract

¾ cup water

1 tbsp lemon juice

1 tbsp coconut oil

### DIRECTIONS:

#### **For the base:**

*In a food processor separately grind carrots and almonds. Grind walnuts and raisins together. In a bowl place the ground carrots, almond flour and walnut-raisin mix. Add in agave nectar and a pinch of sea salt. Mix well until it becomes a homogeneous mass. Spread the dough on a Teflon sheet. Make it half-inch thick and cut into pieces of desirable size and shape. Place the Teflon sheet on the dehydrator tray and dehydrate for about 2 hours at 115 F (turn it over after the first hour). Serve it just like that or decorate with the glaze and sprinkle some cinnamon.*

#### **For the glaze:**

*Place all the ingredients for the glaze (except the coconut oil) into a blender and blend until it becomes smooth and creamy. Add in the coconut oil and blend a little bit more. Use a squeeze bottle or icing bag and your imagination to decorate the pie.*

