

Carrot Cookies

Nancy Christel

1 cup oatmeal
3/4 cup almond flour
1 1/2 tsp baking powder
1 1/2 tsp ground cinnamon
1 tsp ground ginger
1 tsp pumpkin pie spice
1 large egg, room temperature
2 Tbsp coconut oil, melted
7-10 dates, finely chopped
1 tsp vanilla extract
3/4 cup peeled, grated carrots
3/4 cup shredded unsweetened coconut
3/4 cup walnuts, finely chopped



1. In a medium bowl, combine oats, almond flour, baking powder, and spices. Add dates and minced coconut to flour mixture. Whisk together coconut oil, egg, and vanilla. Blend in flour mixture. Fold in carrots and walnuts. Cover and chill the dough for at least 30 minutes.
2. Preheat oven to 325.
3. Drop cookie dough into rounded scoops on a cookie sheet and shape to preference.
4. Bake for 12-15 minutes (extra time if you make the cookies large and thick like I did). Cool on the baking sheet for 15 minutes to allow centers to complete cooking.