

Oatmeal [Carrot] Cookies

Ingredients:

- 1 Cup Old Fashioned Oats
- 1 ½ Shredded Unsweetened Coconut
- 2 Medium Carrots, Shredded
- ½ Tsp Baking Soda
- 3 Tbsp Coconut Oil (Melted)
- 3-4 Tbsp Coconut Sugar or Maple Syrup

optional 1 egg (if you add the egg the cookies hold together a bit better)

optional ½ cup mini chocolate chips

Directions:

- 1-Preheat oven to 350 degrees.
- 2- Shred your carrots. When you have shredded your carrots, place the carrots in a wash cloth, towel, or cheese cloth & squeeze any excess juice from the carrots.
- 3- Combine oats, shredded carrots, and shredded coconut in a blender (or food processor) and blend together until everything resembles a flour-ish texture.
- 4- Return contents to a bowl, and add the coconut sugar, baking soda, and coconut oil. Mix together well.
- 5- Add in optional egg & other mix ins. Mix very well.
- 6- Line a baking sheet with parchment paper.
- 7- Using a cookie scoop, scoop out the dough onto the baking sheet.
- 8- Taking a second sheet of parchment paper, lay the parchment paper over the cookie dough & take the bottom of a measuring cup or cup & carefully press down to make the cookies more flat.
- 9- Bake for 15-20 minutes.
- 10- Store in an airtight container up to a week.

