

Carrot Cake Cookies

By *Katie Mae*, *PlantzSt.com*

Makes 16 cookies | Ready in 40 minutes | Stores 4 days at room temp or 1 week in the fridge

INGREDIENTS

7 Medjool dates, pitted (**6 oz**)
2 tablespoons ground flaxseed
1 tablespoon apple cider vinegar
1 cup unsweetened applesauce (6 oz)
1 cup rolled oats
½ tablespoon baking powder
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
¼ teaspoon ground cardamom
1½ cups carrots, shredded (2 medium carrots)
½ cup walnuts
½ cup coconut flakes

ACTION STEPS

1. Add the dates, flaxseed, apple cider vinegar, apple sauce to a food processor fitted with the s-blade. Pulse a few times, so the dates are partially broken up.
2. Add the rolled oats, baking powder, cinnamon, nutmeg, and cardamom. Scrap down the sides of the food processor. Then pulse briefly just a couple of times.
3. Now add the shredded carrot, walnuts, and coconut flakes. Briefly pulse just a couple more times, so the batter still has lots of texture, but it's processed enough that will hold together when rolled into a ball.
4. Preheat oven to 375°F. Line a baking sheet with parchment paper.
5. Use your hands to roll the batter into balls (about 1 oz each) and then slightly flatten them so they are about 2-inches in diameter.
6. Bake for 20 minutes. Let them cool for 5 minutes, and then enjoy your freshly baked Carrot Cake Cookies!

Recipe and photos online here >> <https://plantzst.com/sugar-free-carrot-cake-cookies/>