Carrot Cake Cookies

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 cup brown rice flour
- 1/2 cup unsweetened dried shredded coconut
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp ground ginger
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1 1/2 cups shredded carrots
- 1 egg, whisked
- 1/2 cup dark maple syrup
- 1 tbsp melted coconut oil
- 1/2 cup raisins, soaked in hot water for 10 minutes and drained

Instructions:

1. Preheat oven to 350F (180C). Grease cookie sheet with coconut oil or place parchment paper on top of cookie sheet.
2. In a large bowl, combine brown rice flour, shredded coconut, baking powder, baking soda, ground ginger, cinnamon and nutmeg.
3. In a medium bowl, combine carrots, whisked egg, maple syrup, coconut oil and raisins.
4. Make a well in the centre of the dry ingredients and pour the wet ingredients (carrot mixture) into the dry. Mix together until well combined.
5. To make large cookies, using your hands, form the mixture into approximately 2" inch balls and flatten on to cookie sheet with your hands.
6. Bake for 10-15 minutes until golden. Remove from oven and let cool on sheet for 5 minutes. Remove from cookie sheet and place on cooling rack to cool completely.
7. Store in the fridge for up to a week or in the freezer for up to 3 months in a freezer bag.

Notes:

Makes 10 large cookies or 20 small ones. I've made these with a little less than 1/2 cup maple syrup and they still taste nice and sweet.