



## **Carrot-coconut cookies (sugar & butter-free)**

**Preparation time 5 min**

**Baking time: 15-20 min**

**Yields: 15 cookies**

**Line the oven tray with a baking sheet**

**Oven preheated to 190°C (375°F)**

### **Ingredients**

**quick-cooking oats 90g (1 cup)**

**all-purpose flour 150 g (1 cup)**

**baking powder 1 tsp**

**ground cinnamon 1tsp**

**salt 1/2 tsp**

**peeled, grated carrots 175g (1½ cups)**

**chopped raw pecans or walnuts 125g (1 cup)**

**chopped dried apricots or raisins 40g (1/4 cup)**

**unsweetened shredded coconut 20g (¼ cup)**

**honey or maple syrup 170ml (½ cup)**

**melted coconut oil 100g (½ cup)**

**1 large egg**

### **To make**

**Mix everything in a mixing bowl using a spoon.**

**Using an ice cream scoop, make little balls with the dough and drop them onto the prepared baking tray lined with a baking sheet. Make sure there's some space between them.**

**Bake in a preheated oven for about 15-20 minutes or until golden brown on top.**

**Let cool in the tray.**

**They freeze perfectly for up to 3 months.**

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