

CARROT OATMEAL COOKIES

Recipe by Chef Donald McGill



Instructions

1. Preheat the oven to 325°F, and line a baking sheet with parchment paper.
2. In a medium bowl, whisk together the oats, flour, baking powder, cinnamon, nutmeg, and salt.
3. In a separate bowl, whisk together the coconut oil, egg white, and vanilla. Stir in the maple syrup and milk. Add in the flour mixture, stirring just until incorporated. Gently fold in the carrots.
4. Chill the cookie dough for 20 minutes.
5. Drop the cookie dough into 15 rounded scoops onto the prepared sheet and flatten to the desired thickness and width with a spatula.
6. Bake at 325°F for 10-15 minutes. Cool on the pan for 10 minutes before transferring to a wire rack.

Supplies

- 1 baking sheet
- Parchment paper
- 1 large prep bowl
- 1 spatula
- Measuring cups and spoons
- 1 knife
- 1 cutting board
- 1 grater

Ingredients

- 1 cup instant oats
- $\frac{3}{4}$ cup whole wheat or gluten-free flour
- 1 $\frac{1}{2}$ tsp baking powder
- 1 $\frac{1}{2}$ tsp ground cinnamon
- $\frac{1}{4}$ tsp ground nutmeg
- $\frac{1}{4}$ tsp salt
- 2 tbsp coconut oil or unsalted butter, melted and cooled slightly
- 1 large egg white, room temperature
- 1 tsp vanilla extract
- $\frac{1}{4}$ cup pure maple syrup, room temperature
- 5 tbsp coconut milk, room temperature
- $\frac{3}{4}$ cup freshly grated carrot (about 1 medium, peeled first!)