



# CARROT BREAKFAST COOKIES

**PREP TIME:** 15 MINUTES **COOK TIME:** 25 MINUTES **TOTAL TIME:** 40 MINUTES

## Wet Ingredients

- 2 cups carrots, shredded
- 1 cup apple sauce
- 3 mashed bananas
- 8 pitted dates
- 1/4 cup maple syrup
- 1 tsp vanilla extract

## Dry Ingredients

- 2 cups quick oats
- 1/4 cup hemp hearts
- 1/4 cup chia seeds
- 1/4 cup ground flaxseeds
- 2 tbsp nutritional yeast
- 1 tbsp baking powder
- 1 tsp cinnamon

## Optional add ins:

- 1 cup blueberries
- 1/2 cup dried apple pieces
- 1/2 cup dried cranberries
- 1/4 cup coconut flakes
- 1/4 cup chopped nuts

## Directions

1. Mix & then blend the wet ingredients with a food processor or hand blender
2. In a separate bowl, mix the dry ingredients (only one cup of the quick oats here)
3. Add the dry ingredients into the wet ingredients & blend again
4. Mix in the other cup of quick oats & let it all sit for one minute
5. Drop cookies with a tablespoon on parchment paper lined cookie sheet
6. Bake at 350°F for ~25 minutes until toothpick comes out clean

Makes ~20 cookies

Enjoy!