

Carrot Spice Cookies

Makes 30 cookies

These cookies are nutritious enough to eat for breakfast, or for an anytime pick-me-up. Seeds and cashews provide zinc as well as iron. Make your own pumpkin pie spice, using 1½ teaspoons (7 ml) cinnamon, ½ teaspoon (2 ml) each of ginger and nutmeg, and ¼ teaspoon (1 ml) each of cloves and allspice. If your nut butter is quite firm, add 1 tablespoon (15 ml) of a neutral oil such as avocado oil to thin. For a little pizzaz, add an additional pecan half to the top of each cookie before baking.

Ingredients

1 cup (250 ml) dates, packed
1/3 cup (85 ml) water
1 cup (250 ml) rolled oats
1 cup (250 ml) carrots, grated, packed
3/4 cup (185 ml) cashew, almond, or mixed nut/seed butter
¼ cup (60 ml) hempseeds
2 tablespoons (30 ml) ground flaxseed
1 tablespoon (15 ml) pumpkin pie spice
1 teaspoon (5 ml) pure vanilla extract
1/2 teaspoon (2 ml) salt
1 cup (250 ml) walnuts or pecans, coarsely chopped, or a mix
½ cup (125 ml) raisins

Preheat oven to 325° F. Line 2 large cookie sheets with silicone mats or parchment paper, or lightly spray with vegetable oil.

Place the dates and water in a small saucepan. Cover and cook over low heat until dates are soft. Mash the dates with a potato masher.

Put the mashed dates, oats, carrots, cashew butter, hempseeds, flaxseeds, vanilla extract, pumpkin pie spice, and salt in a large bowl. Stir until well combined. Fold in the walnuts and raisins.

Drop the dough by heaping tablespoon on the cookie sheets using a cookie scoop or a soup spoon. If using a spoon, press the filled spoon against the side of the bowl to compact ingredients together before dropping onto the cookie sheet. You can use a second spoon to help get the dough off the first spoon. Bake for 25 minutes or until the cookies are lightly browned on the bottom.

Remove from the oven, cool, and store in an airtight container. To help maintain freshness, leave out only what you will use within a day or two. Freeze the rest.

Per 2 cookies: Calories: 220, Protein: 6 g, Fat: 14 g, Carbohydrate: 22 g, Dietary fiber: 3 g
Minerals: Iron: 1.6 mg, Zinc: 1.5 mg, Calcium: 31 mg, Sodium: 72 mg
Percent of calories from: Protein 10%, Fat 53%, Carbohydrate 37%

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