

Easy Carrot Cake Cookies with Oats and Walnuts (No Refined Sugar!)

Healthy Carrot Cake Cookies: A Wholesome Twist on a Classic Favorite



OVEN
350°F

TIME
15 min

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INGREDIENTS

Grated Carrots: 1 cup (about 2 medium carrots). Use a fine grater for the best texture.

Rolled Oats: 1 cup. These provide the heartiness and "chew" that makes the cookies satisfying.

Self-Rising (SR) Flour: 1/2 cup. This helps the cookies puff up slightly without needing extra leavening agents.

Maple Syrup: 1/4 cup. A natural sweetener that adds a hint of caramel flavor.

Raisins: 1/4 cup. For little bursts of sweetness in every bite.

Chopped Walnuts: 1/4 cup. Provides a necessary crunch and healthy fats.

Cinnamon: 1 teaspoon. The essential spice for any carrot cake profile.

Nutmeg: 1/2 teaspoon. Adds depth and warmth.

Salt: 1/4 teaspoon. To balance the sweetness and enhance the spices.

DIRECTIONS

- 1. Prep : Your Space:** Preheat your oven to 350°F (175°C). Line a large baking sheet with parchment paper or a silicone baking mat to prevent sticking.
- 2. Combine : Ingredients:** In a large mixing bowl, add your grated carrots, oats, flour, maple syrup, raisins, walnuts, cinnamon, nutmeg, and salt.
- 3. Mix : Thoroughly:** Use a sturdy spatula to fold the ingredients together. Ensure the flour is completely incorporated and the carrots are evenly distributed. The "dough" will be wetter than standard cookie dough-that's normal!
- 4. Scoop and : Shape:** Using a cookie scoop or a large tablespoon, portion the dough onto the baking sheet. You should get about 12 cookies.
- 5. Flatten:** These cookies won't spread much on their own, so use the back of a spoon to gently press them down into thick discs.
- 6. Bake:** Slide them into the oven for 12-15 minutes. You're looking for the edges to turn a light golden brown and the centers to feel set.
- 7. Cool:** Let them rest on the baking sheet for 5 minutes (they need this time to firm up!). Transfer to a wire rack to cool completely.

SWAPS & NOTES

Flour: If you don't have self-rising flour, you can use all-purpose flour plus 3/4 teaspoon of baking powder and a pinch more salt.

Sweetener: Honey or agave nectar can be used in place of maple

syrup, though maple syrup offers the best flavor profile for "cake" inspired recipes.

Swap them for dried cranberries or even dark chocolate chips if you're feeling indulgent.

If you love the "fall vibe" of these cookies, you might also enjoy my easy pumpkin spice muffins.

TIPS FOR SUCCESS

Freshly Grated is Best: Avoid the pre-shredded carrots from the grocery store.

Grating your own carrots ensures they release enough moisture to keep the cookies soft.

Don't Overbake: Because these are oat-based, they can become dry if left in the oven too long.

Take them out when they still look slightly soft in the middle.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-carrot-cake-cookies-with-oats-and-walnuts-no-refined-sugar/>