

Healthy Carrot Cake Cookies: A Guilt-Free Way to Have Dessert for Breakfast

There is so much to adore about this recipe, but if I had to narrow it down, it would be the



OVEN
350°F

TIME
12-15 min

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INGREDIENTS

- 1 cup Grated Carrots: Use the fine side of your grater for the best texture.
- 1 cup Rolled Oats: These provide the heartiness and "chew" that makes the cookie satisfying.
- 1/2 cup Self-Rising (SR) Flour: This gives the cookies a little lift without needing extra leavening agents.
- 1/4 cup Maple Syrup: A natural sweetener that pairs perfectly with carrot and cinnamon.
- 1/4 cup Raisins: For little bursts of sweetness in every bite.
- 1/4 cup Chopped Walnuts: Essential for that classic carrot cake crunch.
- 1 teaspoon Cinnamon: The warm, woody heart of the recipe.
- 1/2 teaspoon Nutmeg: Adds depth and a hint of spice.
- 1/4 teaspoon Salt: To balance the sweetness and enhance the flavors.

DIRECTIONS

- 1.** Prep the : Oven: Preheat your oven to 350°F (175°C). Line a large baking sheet with parchment paper or a silicone baking mat to ensure no sticking.
- 2.** Mix the : Base: In a large mixing bowl, combine your grated carrots, rolled oats, and self-rising flour. Stir these until the carrots are well-coated in the dry ingredients.
- 3.** Add : Flavor and Moisture: Pour in the maple syrup and add the raisins, chopped walnuts, cinnamon, nutmeg, and salt.
- 4.** Incorporate: Mix until everything is well combined. The "dough" should be sticky but hold together when pressed.
- 5.** Scoop and : Shape: Using a cookie scoop or a tablespoon, form the dough into 12 even balls. Place them on the prepared baking sheet.
- 6.** Flatten: These cookies won't spread much on their own, so use the back of a spoon to flatten each one slightly into a thick disc.
- 7.** Bake: Slide them into the oven and bake for 12-15 minutes. Look for the edges to turn a beautiful golden brown.
- 8.** Cool: Let them rest on the hot baking sheet for 5 minutes-this helps the structure set. Then, 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 mixed with 3/4 teaspoon of baking powder and

a pinch of salt.

Try dried cranberries or even dark chocolate chips for a decadent twist.

Nuts: Pecans are a fantastic substitute for walnuts if you prefer a sweeter, more buttery nut.

Vegan Option: This recipe is already naturally dairy-free and vegan!

TIPS FOR SUCCESS

Dry Your Carrots: If your carrots are extremely juicy after grating, give them a quick squeeze with a paper towel.

Too much moisture can make the cookies a bit soggy.

Uniform Size: Use a cookie scoop so they all bake at the same rate.

Don't Overbake: These cookies are meant to be soft.

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

Original recipe: <https://chefmaniac.com/healthy-carrot-cake-cookies-a-guilt-free-way-to-have-dessert-for-breakfast/>