

# Dr. Jenn's Gluten Free Oatmeal Carrot Cookies

## What you will need:

- 1 cup gluten free flour
- 1 cup gluten free rolled oats
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ cup chopped walnuts (if a nut allergy exists, you can skip, or use raisins!)
- 1 ¼ cups shredded carrots
- ½ cup maple syrup
- ½ cup unrefined coconut oil/ or Organic spectrum vegetable oil (Sprouts)
- 1 teaspoon grated ginger

## Here is what to do:

- Preheat oven to 375 degrees Fahrenheit
- Line two baking sheets with parchment paper
- Combine flour, oats, baking powder, and salt in a big bowl and stir them together.
- Add the nuts and carrots. Stir some more.
- In a smaller bowl, combine the maple syrup, coconut oil, and ginger. Stir them together.
- Pour the liquid mixture into the large bowl of dry mixture. Stir until all the ingredients are combined.
- Using a tablespoon, drop the batter onto the cookie sheets. Do not crowd the cookies.
- Bake the cookies for 12-15 minutes or until the edges begin to brown.
- Take your cookies out of the oven and let them cool down.

**ENJOY!**