



# Oat carrot cookies

10'  
Hands on

15'  
Cook Time

10  
Portion(s)

1  
Difficulty



## Ingredients

- 150 g whole-wheat flour
- 100 g oat flakes
- 1/2 teaspoon(s) baking powder
- 1/4 teaspoon(s) baking soda
- 1/2 teaspoon(s) cinnamon, powder
- 1 egg
- 50 g coconut oil
- 60 g honey
- 1 teaspoon(s) [vanilla extract](#)
- 1 banana, medium
- 80 g carrot, grated
- 80 g apple, grated and drained
- 50 g chocolate couverture, drops, optional

## Διατροφικός πίνακας

Nutrition information per portion

207 Calories (kcal)	8.1 Total Fat (g)	5.5 Saturated Fat (g)	28.0 Total Carbs (g)
10%	12%	28%	11%
11.0 Sugars (g)	4.2 Protein (g)	3.1 Fibre (g)	0.16 Sodium (g)
12%	8%	12%	3%

## Method

- Preheat oven to 180\* C (350\* F) Fan.
- In a large [bowl](#), combine the whole wheat flour, oats, baking powder, baking soda and cinnamon.
- In another bowl, whisk together the egg, coconut oil, honey and vanilla extract.
- Add the wet mixture to the dry mixture and mix with a spatula.
- Mash the banana in a bowl with a fork. Add to the bowl along with the grated carrot and grated apple. Mix until all of the ingredients are completely combined.
- Shape mixture into 2 cm balls and transfer to a [baking pan](#) lined with parchment paper, placing them one next to the other.
- Gently press down on them with a fork and add chocolate drops (optional).
- Bake for 13-15 minutes.
- When ready, remove from oven and allow to cool on a [wire rack](#).