



# Soft Carrot Gingerbread Cookies

## The Natural Nurturer

### Ingredients

1/2 cup finely grated carrot  
1/3 cup natural, unsweetened almond butter  
1/4 cup unsweetened applesauce  
2 tablespoons molasses (you can sub maple syrup or honey)  
1/4 cup coconut sugar (you can sub brown sugar)  
1 egg  
1 teaspoon pure Vanilla extract  
1/2 teaspoon ground ginger  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
1/4 teaspoon salt (omit if nut butter is salted)  
1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
3/4 cup gluten-free flour (or all purpose or whole wheat flour)  
1/3 cup quick oats (use certified gluten free oats if needed) \*

- *If you have rolled oats, you can use those instead, you will just need to pulse them in a blender to break down the oats.*

### Tools Needed:

Large bowl  
Mixing spoon  
Cookie sheet  
Parchment paper or oil  
Grater  
Measuring cups and spoons

## Directions:

1. Preheat oven to 350 F.
2. Line cookie sheet with parchment paper or use oil of choice.
3. Lay shredded carrots on paper towel and pat dry to remove excess moisture.
4. Add almond butter, applesauce, molasses, sugar, egg, and vanilla into a large bowl.
5. Stir until combined.
6. Add spices, baking powder and baking soda into the large bowl.
7. Add flour, oats, and carrots. Mix until combined.
8. Scoop about 2 tablespoons of batter onto the cookie sheet.
9. Bake 12 minutes. Enjoy!