

Carrot Walnut Cookie

Portions: 24

Prep: 15 minutes

Bake: 13-15 minutes



Ingredients:

- ½ cup (125 mL) canola oil
- ⅔ cup (150 mL) brown sugar, lightly packed
- 1 egg
- 1 tsp (5 mL) pure vanilla extract
- ¾ cup (175 mL) whole-wheat or all-purpose gluten-free flour
- ¾ cup (175 mL) rolled oats
- ¼ cup (60 mL) ground flaxseed
- ½ cup (125 mL) chopped walnuts
- 2 tsp (10 mL) cinnamon
- ¼ tsp (1 mL) baking soda
- 1 cup (250 mL) finely grated carrots, packed

▪ **Instructions:**

1. Preheat oven to 350°F (180°C).
2. Line a baking sheet with parchment paper.
3. In a mixing bowl, beat together canola oil, sugar, egg and vanilla.
4. In a separate bowl, toss together flour, oats, flaxseed, walnuts, cinnamon and baking soda.
5. Add dry ingredients and carrots to the wet ingredients and stir well by hand to combine.
6. Scoop tablespoon-sized portions onto a cookie sheet, about 2 in. (5 cm) apart.
7. Bake for 13 to 15 minutes.