



Delicious and Healthy Carrot Cake Cookie

One morning while juicing carrots, I looked at the leftover pulp and thought, “There’s still so much good stuff in here!” I usually save some for my dog’s meals, but I felt like I was tossing away way too much of this beautiful, vibrant fiber—full of vitamins and microbiome-loving goodness. So I got creative.

This delicious carrot cake cookie recipe was born from that moment. It uses 2 full cups of carrot pulp—what’s left after juicing about 10 carrots. (No juicer? No problem. Just finely grate your carrots and the recipe still works beautifully.)

These cookies are naturally sweetened with banana and fresh-squeezed orange juice—no added sugar needed. They’re filling too, thanks to the combo of fruits, veggies, nuts, and ghee. Whether you enjoy them with your morning coffee or as a mid-day snack, these easy-to-make cookies will leave you nourished and satisfied.

Ingredients

2 cups finely grated carrot	1 cup unsweetened shredded coconut
1 large apple, peeled and grated	½ cup dried, unsweetened cranberries
3 ripe bananas, peeled and smashed	½ cup chopped dried, unsweetened apricots
½ cup almond butter	½ cup chia seeds
½ cup ground flaxseed (like flour)	1 cup chopped raw pecans
½ cup fresh squeezed orange Juice	2 teaspoons ground cinnamon
½ cup melted ghee	1 teaspoon ground allspice
2 teaspoons vanilla extract	¼ teaspoon ground nutmeg
	1 teaspoon baking powder
	¼ teaspoon sea salt
2 cups old-fashioned (uncooked) oats	
1 cup almond flour (or almond meal)	

Instructions

- Heat oven to 350 degrees.

- Line 2 cookie sheets with parchment paper.
- In a medium bowl, stir together the carrots, apple, almond butter, bananas, orange juice, flax seed, melted ghee, and vanilla till combined.
- In a large bowl, stir together the oats, almond flour, shredded coconut, cranberries, apricots, pecans, chia seeds, cinnamon, allspice, baking powder, nutmeg & salt.
- Pour the carrot mixture into the oat mixture. Mix with a spoon until well combined, in a cookie dough consistency.
- Using a spoon, scoop some of the cookie dough and roll into a ball with your hands, then flatten the ball to about a 1/3 inch thickness and place it on the lined cookie sheet.
- Bake at 350 degrees, until golden brown, about 18 minutes, in batches of 12 cookies on each cookie sheet.

Yummy!

Store the cookies in the fridge. If the cookies haven't vanished within the week, you can freeze them for a few months and nibble on them over time.

Bon Appetit!