



Carrot Macaroons

INGREDIENTS

- 1 cup grated raw carrots (about 1 medium-large)
- ¼ cup water
- ½ cup honey
- 2 tablespoons oil
- 1 teaspoon vanilla
- 2 cups shredded coconut, unsweetened
- ¼ cup whole-wheat pastry flour
- ½ teaspoon salt

DIRECTIONS

1. Spray cookie sheet and heat oven to 350°F.
2. Mix all ingredients well. Let sit for 3-5 minutes.
3. Using a 1-inch scoop, place cookies on cookie sheet.
4. Bake for 25-27 minutes or until edges turn a medium brown. (Cookies are better a little crispier.)

Servings: about 25 cookies

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