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Carrot Oatmeal Cookies

Ingredients

1 cup	spelt flour
1	teaspoon baking powder
scant 1/2 teaspoon	fine grain sea salt
1 cup	rolled oats
2/3 cup	chopped walnuts
1 cup	shredded carrots
1/2 cup	real maple syrup
1/2 cup	unrefined (fragrant) coconut oil, warmed until just melted
1 teaspoon	grated fresh ginger

Directions

Preheat oven to 375F degrees and line two baking sheets with parchment paper.

In a large bowl whisk together the flour, baking powder, salt, and oats. Add the nuts and carrots. In a separate smaller bowl use a whisk to combine the maple syrup, coconut oil, and ginger. Add this to the flour mixture and stir until just combined.

Drop onto prepared baking sheets, one level tablespoonful at a time, leaving about 2 inches between each cookie. Bake in the top 1/3 of the oven for 10 - 12 minutes or until the cookies are golden on top and bottom.

Makes about 2 1/2 dozen cookies.

Adapted from *101cookbooks.com*

Nutritional Value of Select Ingredients

Spelt – This sweet, nutty grain is a grain tolerated by people with gluten-sensitivities (however it does contain gluten). It contains all 8 essential amino acids, and special carbohydrates that play a major role in blood clotting and stimulating the immune system. Spelt is higher in amino acids, protein, some minerals, and B vitamins than wheat.

Carrots – Carrots are one of the best sources of beta carotene, which balances the immune system and reduces the risk of many cancers. They also guard against cardiovascular disease, reduce inflammation, slow the aging process, and are great for digestion disorders. Contain fibre, calcium, iron, and many other vitamins and minerals.

Coconut Oil – The oil from the coconut are monosaturates of the omega 7 family. Contrary to popular belief, coconut oil actually helps raise good HDL cholesterol levels. Tropical oils have been part of a healthy tropical lifestyle for thousands of years, and are very stable for cooking and baking. Thailand, where coconut and its products are found in virtually every dish, has the one of the lowest cancer rates in the world.

Maple Syrup – This natural sweetener contains a high amount of manganese, which is essential for energy production and antioxidant defenses. It is also high in zinc, required for good arteries, skin, and the immune system.