

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Carrot Millet Breakfast Cookies

From www.joythebaker.com

Makes about 2 dozen cookies

1 ½ cups whole wheat pastry flour (or spelt flour, or regular whole wheat flour)
1 cup old fashioned oats
3 Tbsp dry millet
1 tsp ground cinnamon
1 tsp baking powder
½ tsp salt
½ cup coconut oil, melted
½ cup real maple syrup
Heaping 1 cup shredded carrots
½ cup dried cherries, coarsely chopped
2 tsp fresh grated ginger

1. Place racks in the center and upper third of the oven and preheat oven to 350°F. Line two baking sheets with parchment paper and set aside.
2. In a medium bowl, whisk together flour, oats, millet, cinnamon, baking powder, and salt. Set aside.
3. In another medium bowl, whisk together coconut oil, maple syrup, shredded carrots, dried cherries, and ginger. Add the wet ingredients, all at once to the dry ingredients. Fold together until thoroughly incorporated. Let dough stand for 5 minutes before spooning by the tablespoonful onto the prepared baking sheets.
4. Bake for 10 minutes, or until just slightly browned and cooked through. Remove from the oven, allow to cool on the baking sheet for 5 minutes, then transfer to a wire rack to cool completely. Store in an airtight container at room temperature for up to 4 days.