

TASTE WITHOUT WASTE

Vegan Carrot Walnut Cookies

Makes about 20 cookies

Ingredients

- 1 cup raw unsalted walnuts
- 1 cup rolled oats
- 1 cup sultanas
- ½ cup wholemeal flour
- 1 ¼ tsp baking powder
- 1 ¼ tsp ground cinnamon
- ½ tsp ground ginger
- 1 large carrot (or 2 small), grated
- 1 apple, with skin on, grated
- 1 ripe banana – the riper the better – peeled and mashed with a fork/potato masher
- 3 tbsp orange juice (about 1 navel orange)
- 1 tbsp maple syrup

Method

Preheat oven to 175C. Grease and then line two baking trays with greaseproof paper.

Blitz the walnuts, oats and sultanas in a food processor until they resemble a slightly chunkier and rougher texture than breadcrumbs (think mini m&m's). If some of the walnuts are about the size of choc chips, that's perfectly fine. If you want a smoother cookie, then pulse until very finely ground.

Sift the flour, baking powder, cinnamon and ginger into a large bowl. Stir through the walnut-oat mixture. In a separate bowl combine the carrot, apple, banana, orange juice and maple syrup. Add to the 'dry' mix and stir until well combined and a sticky mixture forms. Scoop up a tablespoon of the mixture and use your hands to shape it into a ball (I warn you this is messy business!). Place on a prepared baking tray and squash slightly with a fork or the palm of your hand. Repeat with the remaining mixture, leaving about 2cm between each cookie.

Bake for 25 minute or until browned on top. Place baking trays on wire racks and leave to cool for 10 minutes, before removing from trays.

Cookies may be stored in the fridge for a few days, otherwise they freeze exceptionally well.

Source: Barely adapted from [Wholefoods Market](#)

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