

# Healthy Date and Carrot Oat Cookies

A healthy treat with no added sugar or fat

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## INGREDIENTS

- 100g dates
- 1/4tsp baking soda
- 250ml boiling water
  
- 2 medium eggs
- 1 grated carrot
  
- 150g oats
- 30g flour
- 2tsp baking powder
- 50g pecan nuts (optional)



## DIRECTIONS

1. In a medium bowl soak the dates with 250ml boiling water and baking soda for about 30 minutes.
2. Drain the water from dates and blend them with an immersion blender until a smooth puree.
3. Add eggs to the date puree and mix well until combined.
4. Grate the carrot and add to the date puree, mix shortly.
5. Combine all dry ingredients and add to wet ingredients. If using pecan nuts, crush them a little and also add to the bowl along with the dry ingredients. Mix wet ingredients with the dry ingredients until well combined.
6. Portion the cookie batter into a baking tray covered with baking paper with a tablespoon and then shape into a cookie shape.
7. Bake the cookies in 200°C for 15 minutes.
8. Allow the cookies to cool for about 10 minutes before removing them to a cooling rack to cool them completely.
9. Store the cooled cookies in an airtight container.