



CARROT CAKE COOKIES

Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Protein	6.6 gm Bob's Red Mill® vital wheat gluten flour -----	3 (+3.0 gm fat) -----
	10.5 gm raw egg	0.7 (-0.7 gm fat)
Fat	17.3 gm butter, melted	3 (+2.3 gm)
Carb	21.2 gm canned carrots, mashed	1.3
Other	1 tsp. Da Vinci Gourmet® sugar free vanilla syrup -----	
	4 gm erythritol -----	
	Ground cinnamon, nutmeg, and clove	

DIRECTIONS

- Preheat the oven to 350°F.
- Drain canned carrots, then heat until carrots are hot.
- Transfer the hot carrots to a food processor; blend until mashed and smooth.
- In a small bowl, weigh the mashed carrots using a gram scale.
- Add the remaining ingredients to the bowl; stir until smooth.
- Cover a baking sheet with parchment paper.
- Scoop the cookie batter onto the parchment paper, forming small mounds.
- Place in the preheated oven.
- Bake for 25-30 minutes or until the edges become golden brown.
- If a crunchier texture is desired, bake for an additional 10 minutes (otherwise it will be a cake-like texture).

VARIATIONS

- Almond flour can be used in place of the protein flour, though the texture will be grittier and less cake-like. If using almond flour instead of the gluten flour, the same amount of exchanges can be used (though the gram amount will need to be calculated accordingly).
- Canned pumpkin could be used in place of carrots for a pumpkin cake alternative.
- Dry seasonings such as pumpkin pie spice can be used for an alternative flavor.
- This recipe can be baked in a greased silicone mold for different shapes/sizes.
- This recipe can be frozen for up to 2 months.