

Turmeric cookies

Ingredients required for 8 persons

Preparation time 30 minutes

Difficulty easy

Ingredients

50 g	almonds
100 g	carrots
120 g	coconut flower sugar
100 ml	canola oil
1	egg
180 g	spelt flour
60 g	oats
40 g	pumpkin seeds
30 g	sesame
2 TL	turmeric powder
2 TL	cinnamon almond spice oil
60 g	raisins
½ TL	baking powder
1 Prise	salt



Preparation

Preheat the oven to 180 °C top / bottom heat. Finely chop the almonds, peel and rasp the carrots. Add coconut flower sugar, canola oil and the egg and stir. Add the remaining ingredients one after the other and knead into a smooth dough with a hand-held mixer. Form small balls with damp hands and place them on a baking tray with parchment paper. Gently flatten the dough balls. You can also use a moistened tablespoon to form the cookies instead. Bake for around 15 minutes until golden yellow.