

Coconut Date Cookies

Prep Time

40 minutes

Prep Notes

n/a

Cooking Time

15 - 20 minutes

Yields

24 small cookies

Ingredients

6-7 dried pitted dates
1 cup rolled oats
2 cups whole wheat flour
1/2 cup shredded coconut
1/2 tbsp cinnamon
1/4 tbsp nutmeg
1/2 cup olive oil
1/2 cup maple syrup

Directions

1. Soak dates in 1 cup of water for 30 minutes.
2. Preheat oven to 375° F.
3. Combine oats, flour, coconut, cinnamon, and nutmeg in a bowl.
4. Roughly chop the dates.
5. Add oil, syrup, and dates and mix until all ingredients are moist.
6. Form little balls and place on a lightly greased cookie sheet (it may take some work to form the dough and get the balls to stick together).
7. Press cookies lightly so they do not roll off cookie sheet.
8. Bake for 10 minutes.
9. Take out cookie sheet and flip cookies.
10. Bake for an additional 5-10 minutes.

Notes

If you have a food processor, you can use it to mix the dough, which makes the cookies easier to shape. Do not over mix the dough or you'll lose the texture of the cookies.