

Coconut Date Cookies

Prep Time: 40 minutes

Cooking Time: 15-20 minutes

Yields: 24 small cookies

Prep Notes: none

Category: Desserts

Source: Institute of Integrative Nutrition

The Ingredients

- 6-7 dried pitted dates
- 1 cup rolled oats
- 2 cups whole wheat flour (or gluten free 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

- Soak dates in 1 cup of water for 30 minutes.
- Preheat oven to 375° F.
- Combine oats, flour, coconut, cinnamon, and nutmeg in a bowl.
- Roughly chop the dates.
- Add oil, syrup, and dates and mix until all ingredients are moist.
- 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).
- Press cookies lightly so they do not roll off cookie sheet.
- Bake for 10 minutes.
- Take out cookie sheet and flip cookies.
- Bake for an additional 5-10 minutes.