

## From the Elite Athletic Development Test Kitchen

*Recipes developed, created & adapted by  
Elite Athletic Development / CrossFit Arlington Heights / CrossFit Axis Athletes*



### **Paleo Carrot Cookies**

*Contributed by Coach Amy & Coach Josh Rrrrr*

2 cups mini carrots or equivalent in chopped carrots

2 cups almonds

1 cup unsweetened shredded coconut

1 t nutmeg

1 t vanilla

2 t Extra Virgin Olive Oil or Coconut Oil

3 eggs

Note from Coach Karen: I also added 1/4 t cloves & 1/2 t cinnamon

Preheat oven to 350 degrees.

Combine all ingredients except eggs in food processor; pulse until small, but still a bit chunky.

Combine mixture with eggs in a large mixing bowl. Form into “patties” and place on baking sheet. (I had better success extracting the cookies when I first lined the cookie sheet with parchment paper).

Bake approximately 40 minutes until done. Oven temps vary, so check the cookies throughout the baking process.



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