



Healthy Carrot Cake Cookies



Oregon State
University

Ingredients

- 1/2 cup packed **brown sugar**
- 1/2 cup **sugar**
- 1/2 cup **oil**
- 1/2 cup **applesauce** or fruit puree
- 2 **eggs**
- 1 teaspoon **vanilla**
- 1 cup **flour**
- 1 cup **whole wheat flour**
- 1 teaspoon **baking soda**
- 1 teaspoon **baking powder**
- 1/4 teaspoon **salt**
- 1 teaspoon ground **cinnamon**
- 1/2 teaspoon ground **nutmeg**
- 1/2 teaspoon ground **ginger**
- 2 cups **old fashioned rolled oats** (raw)
- 1 1/2 cups finely grated **carrots** (about 3 large carrots)
- 1 cup **raisins** or golden raisins

Directions

1. Heat oven to 350 degrees.
2. In a large bowl, mix sugars, oil, applesauce, eggs, and vanilla thoroughly.
3. In a separate bowl, stir dry ingredients together.
4. Blend dry ingredients into wet mixture. Stir in raisins and carrots.
5. Drop by teaspoonfuls on greased baking sheet.
6. Bake 12 to 15 minutes until golden brown.
7. Store in airtight container.

Preparation time:

20 minutes

Cooking time:

15 minutes

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

Makes: 48 cookies
Prep time: 20 minutes
Cooking time: 15 minutes

Nutrition Facts

24 servings per container	
Serving size	2 cookies (55g)
Amount per Serving	
Calories	170
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0.5g	3%
<i>Trans Fat</i> 0g	
Cholesterol 15mg	5%
Sodium 110mg	5%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 8g Added Sugars	16%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	6%
Potassium 134mg	2%
Vitamin A 64mcg	7%
Vitamin C 2mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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