

Carrot Cake Cookies

Ingredients

- ½ cup packed light-brown sugar
- ½ cup sugar
- ½ cup oil
- ½ cup applesauce or fruit puree
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup flour
- 1 cup wheat flour
- 1 teaspoon baking soda
- Teaspoon baking powder
- ¼ teaspoon salt
- 1 ½ teaspoons ground cinnamon
- ½ teaspoon ground ginger
- 2 cups old-fashioned rolled oats (raw)
- ½ cup finely chopped nuts
- 1 - 8 ounce can crushed pineapple (drained)
- 1 ½ cups finely grated carrots (about 3 large carrots)

- 1 cup raisins or golden raisins
(or a combination of golden raisins and currants)

Directions

1. Heat oven to 350 degrees
2. Mix sugars, oil, applesauce (unsweetened), eggs, and vanilla thoroughly
3. Take 1 cup of oats and process in food processor to make a flour
4. Blend dry ingredients into wet-mixture. Stir in nuts, raisins and carrots
5. Drop by tablespoonfuls on greased baking sheet or sheet lined with parchment
6. Bake 18-22 minutes until golden brown (top and bottoms)
7. Remove to rack and cool
8. Store in airtight container
9. Eat plain or ice with frosting of choice (i.e., cream cheese, buttercream)

*If frosted, store in refrigerator and remove before eating and let get to room temperature



Nutrition Facts

Serving Size 44 g	
Amount Per Serving	
Calories 101	Calories from Fat 35
% Daily Value*	
Total Fat 4.8g	6%
Saturated Fat 0.0g	
Cholesterol 8mg	3%
Sodium 49mg	2%
Potassium 91 mg	3%
Total Carbohydrates 15.4g	5%
Dietary Fiber 1.0g 4%	
Sugars 71g	
Protein 1.9g	
Vitamin A 16%	•Vitamin C 6%
Calcium 2%	• Iron 4%
Nutrition Grade B-	
* Based on a 2000 calorie diet	

Nutritional Analysis – Serves 43

Good points

- Low in sodium
- High in magnesium
- High in vitamin A

Bad point

- High in sugar