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
⅛ 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 or golden raisins and currents)

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 101</th>
<th>Calories from Fat 35</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>4.8g</td>
<td>6%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>8mg</td>
<td>3%</td>
</tr>
<tr>
<td>Sodium</td>
<td>49mg</td>
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<tr>
<td>Potassium</td>
<td>91mg</td>
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<tr>
<td>Total Carbohydrates</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Sugars</td>
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<td></td>
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<tr>
<td>Protein</td>
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</table>

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