

Carrot Cookies

Ingredients:

1/2 cup margarine (1 stick)
 1 cup carrots, grated
 1 cup honey
 2 eggs
 2 cups whole wheat flour
 2 teaspoons baking powder
 1/4 teaspoon baking soda
 1/4 teaspoon salt
 1 teaspoon ground cinnamon
 2 cups quick cooking oats
 1 cup raisins

Equipment:

Baking sheet
 Mixer
 Large bowl
 Spatula
 Spoon
 Grater
 Measuring cups
 Measuring spoons

Number of Servings: 30
 Prep Time: 10 minutes
 Total time: 30 minutes

Directions

1. Preheat oven to 350F. Spray baking sheet with non stick spray
2. Grate carrots with grater until a cup measure is full. Set aside.
3. Put margarine and honey together in a large bowl, or mixer, and cream margarine and honey together.
4. To crack egg, tap it in several places on a hard surface until the shell is broken, and pull apart with your fingers. Pour the egg into a glass and check for shells and freshness. if it is OK, add to bowl with margarine and honey. Repeat for second egg.
5. In separate bowl, stir together flour, baking powder, baking soda, salt, cinnamon, and oatmeal. Gradually stir flour-oatmeal mixture into creamed mixture, just until all flour is mixed and ingredients distributed throughout dough. Do not over mix.
6. Add carrots and raisins to margarine mix. Stir until mixed through.
7. Drop from teaspoon on baking sheet. Flatten slightly with fork and bake at 350 for 10 minutes, or until lightly browned.

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and follow us on Twitter
facebook.com/vafnp
twitter.com/vafnp

Nutrition Facts

Serving Size: 2 cookies		
Servings: 30		
Amount Per Serving		
Calories 131	Calories from Fat 28	
%Daily Value*		
Total Fat 4g		6%
Saturated Fat 1g		4%
Cholesterol 14mg		5%
Sodium 104mg		4%
Total Carbohydrate 23g		8%
Dietary Fiber 2g		8%
Protein 3g		5%
Vitamin A 27%	Vitamin C 1%	
Iron 5%	Calcium 3%	

*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.