

Healthy Carrot Cake Cookies

This recipe contains whole grains. Making half your grains whole may help protect you against many chronic diseases.

Ingredients:

- 1/2 cup packed light-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
- 1 1/2 cups finely grated carrots (about 3 large carrots)
- 1 cup raisins or golden raisins

Directions:

1. Heat oven to 350° F.
2. Mix sugars, oil, applesauce, eggs and vanilla thoroughly.
3. Blend dry ingredients into wet mixture. Stir in raisins and carrots.
4. Drop by teaspoonfuls on greased cookie sheet.
5. Bake 12-15 minutes until golden brown – rotate cookie sheet half through baking process to insure even cooking.
6. Store in airtight container.

Bright Ideas:

Nutrition Facts

Serving Size 1 cookie (26g)
Servings Per Container 48

Amount Per Serving	
Calories 80	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 55mg	2%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 7g	

Protein 2g

Vitamin A 10% • Vitamin C 0%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Makes 4 dozen cookies.
48 servings, 1 cookie each.

Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>