

Carrot Cookies

Ingredients:

- 1/2 c. soft margarine
- 1 c. honey
- 1 c. grated raw carrots
- 2 well-beaten egg whites
- 2 c. all-purpose flour
- 2 tsp. baking powder
- 1/4 tsp. baking soda
- 1/4 tsp. salt
- 1 tsp. cinnamon
- 2 c. oatmeal, quick cooking
- 1 c. raisins

Featured in:
<http://prairiefare.areavoices.com/2013/10/18/colorful-carrots-pack-a-nutrient-punch/>

Directions:

- In a large bowl, cream together margarine and honey. Stir in carrots and egg whites. Stir together the flour, baking powder, baking soda, salt, cinnamon, oatmeal and raisins. Gradually stir flour-oatmeal mixture into creamed mixture, just until all the flour is mixed. Do not overmix.

NDSU EXTENSION
SERVICE

Directions Continued:

- Drop from teaspoon on greased baking sheet. Flatten slightly and bake at 350 degrees for 10 minutes or until lightly browned.
- In place of honey, you can use 1 1/4 cups sugar mixed with 1/4 cup water.

Makes 30 servings, two cookies per serving. Each serving has 130 calories, 3.5 grams (g) of fat, 24 g of carbohydrate and 1 g of fiber.

NDSU EXTENSION
SERVICE