



# Healthy Carrot Cake Cookies



## Ingredients

- ½ cup packed **brown sugar**
- ½ cup **sugar**
- ½ cup **vegetable oil**
- ½ cup unsweetened **applesauce** or fruit puree
- 2 **eggs**
- 1 teaspoon **vanilla**
- 1 cup **all-purpose flour**
- 1 cup **whole-wheat flour**
- 1 teaspoon **baking soda**
- 1 teaspoon **baking powder**
- ¼ teaspoon **salt**
- 1 teaspoon **cinnamon**
- ½ teaspoon **nutmeg**
- ½ teaspoon ground **ginger**
- 2 cups **old fashioned rolled oats**
- 1 ½ cups finely grated **carrot** (about 3 large carrots)
- 1 cup **raisins** (or any type dried fruit)

## Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F. Lightly grease a baking sheet.
3. In a large bowl, stir together the sugars, oil, applesauce, eggs and vanilla. Mix well.
4. In a separate bowl, stir together the dry ingredients.
5. Blend the dry ingredients into the wet mixture. Stir in the carrots and raisins.
6. Drop the dough by a teaspoon onto the baking sheet.
7. Bake 12 to 15 minutes until golden brown.
8. Store in an airtight container.

**Makes:** 48 Cookies  
**Prep time:** 20 minutes  
**Cooking time:** 15 minutes

## Nutrition Facts

24 servings per container	
Serving size	2 cookies (55g)
<b>Amount per Serving</b>	
<b>Calories</b>	<b>170</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 13g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 22mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 134mg	<b>2%</b>
Vitamin A 64mcg	<b>7%</b>
Vitamin C 2mg	<b>2%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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