

## 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.

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### Nutrition Facts

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

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

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