



Honey Bee and  
Carrot Flower

# Healthy Carrot Cake Cookies



Much of the carrot seed used to grow carrots across the United States comes from Jefferson County, Oregon. Enjoy this tasty cookie recipe thinking about the honey bees of Oregon!

## Ingredients:

- 1/2 cup packed brown sugar
- 1/2 cup sugar
- 1/2 cup vegetable oil
- 1/2 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
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ground ginger
- 2 cups old fashioned rolled oats
- 1 1/2 cups finely grated carrot (about 3 large carrots)
- 1 cup raisins (or any type of 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 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

Cook time: 15 minutes

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

\*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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