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 Calories 170

Calories
Total Fat 6g 8%
Saturated Fat 0.5g 3%
Trans Fat 0g
Cholesterol 15mg 5%
Sodium 110mg 5%
Total Carbohydrate 28g 10%
Dietary Fiber 2g 7%
Total Sugars 13g
Includes 8g Added Sugars 16%
Protein 3g

*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.