



# Healthy Carrot Cake Cookies

## INGREDIENTS

1/2 cup **packed brown sugar**

1/2 cup **sugar**

1/2 cup **oil**

1/2 cup **applesauce or fruit puree**

2 **eggs**

1 tsp. **vanilla extract**

1 cup **whole wheat flour**

1 tsp. **baking soda**

1 tsp. **baking powder**

1/4 tsp. **salt**

1 tsp. **ground cinnamon**

1/2 tsp. **ground nutmeg**

1/2 tsp. **ground ginger**

2 cups **finely grated carrots** (about 3 large carrots)

1 cup **raisins** (regular or golden)

48  
COOKIES

35  
MINUTES  
TOTAL TIME

## DIRECTIONS

- 1 Heat oven to 350°F.
- 2 In a large bowl, mix sugars, oil, applesauce, eggs, and vanilla extract thoroughly.
- 3 In a separate bowl, stir dry ingredients together.
- 4 Blend dry ingredients into wet mixture. Stir in carrots and raisins.

- 5 Drop by teaspoonfuls on greased baking sheet.
- 6 Bake 12–15 minutes until golden brown.
- 7 Store in an airtight container.

**Nutrition Facts:** 170 Total Calories, 6 g Total Fat, 1 g Saturated Fat, 15 mg Cholesterol, 105 mg Sodium, 27 g Total Carbohydrate, 2 g Dietary Fiber, 14 g Sugars, 3 g Protein. Daily Value of Vitamins: 25% Vitamin A, 0% Vitamin C, 2% Calcium, 6% Iron.

Recipe adapted from foodhero.org.

For tips and tricks to help your family live healthier, visit [EatSmartWNY.org](http://EatSmartWNY.org).

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