

Carrot Cookies



Ingredients:

- ½ cup soft margarine
- 1 cup honey
- 1 cup grated raw carrots
- 2 well-beaten egg whites
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- 2 cups quick cooking raw oatmeal
- 1 cup raisins

Preparation:

1. In a large bowl, cream together margarine and honey. Stir in carrots and egg whites.
2. Stir flour, baking powder, baking soda, salt, cinnamon, oatmeal, and raisins together. Gradually stir flour-oatmeal mixture into creamed mixture, until all flour is mixed. Do not over mix.

3. Use a teaspoon to drop batter onto greased baking sheet. Flatten slightly and bake at 350 F for 10 minutes, or until lightly browned.

Note: Instead of honey, you can use 1¼ cups sugar mixed with ¼ cup water.

Yields 30 (2 cookie) servings

Nutritional Information Per Serving:

130 calories, 2 g protein, 24 g carbohydrate (1 g fiber), 3.5 g fat, 0 mg cholesterol, 100 mg sodium

Source: U.S. Department of Agriculture

Dining Smart Community is a program of UPMC Health Plan that supports healthy dining options in the workplace and the community.

Learn more at www.upmchealthplan.com/dscommunity.

