



# Cookies - Carrot

Makes: 50+ child servings (100 cookies)

## Ingredients

| Imperial Measurement | Ingredient         | Metric Measurement |
|----------------------|--------------------|--------------------|
| 1 ½ cups             | margarine          | 375 mL             |
| 2 cups               | brown sugar        | 500 mL             |
| 1 tbsp               | vanilla            | 15 mL              |
| 4                    | eggs, beaten       | 4                  |
| 4 cups               | whole wheat flour  | 1 L                |
| 3 cups               | quick-cooking oats | 750 mL             |
| 2 cups               | flax seed, ground  | 500 mL             |
| 1 tbsp               | cinnamon, ground   | 15 mL              |
| 2 tsp                | baking soda        | 10 mL              |
| 4 cups               | carrots, shredded  | 1 L                |

## Instructions

1. Preheat oven to 350°F (180°C).
2. Using a stand or hand mixer, cream margarine and sugar until smooth.
3. Add eggs and vanilla. Mix well.
4. In a medium bowl, combine flour, oats, flax, cinnamon, and baking soda.
5. Add flour mixture to wet ingredients. Fold in carrots.
6. Using a small scoop (size 40), arrange cookies on parchment-lined baking sheets.
7. Bake for 12-15 minutes or until golden.

*Note:* Extra cookies can be frozen.

| Nutrition Information |                 |
|-----------------------|-----------------|
| Per Cookie (25 g)     |                 |
| <b>Calories</b>       | 100             |
| <b>Fat</b>            | 5 g             |
|                       | Saturated 0.5 g |
|                       | + Trans 0 g     |
| <b>Sodium</b>         | 75 mg           |
| <b>Carbohydrates</b>  | 12 g            |
|                       | Fibre 2 g       |
|                       | Sugars 5 g      |
| <b>Protein</b>        | 2 g             |
| Calcium               | 20 mg           |
| Iron                  | 0.5 mg          |

| Food Guide Servings |
|---------------------|
| ½ Grain Product     |