



Carrot Cookies

Makes 10 cookies. Prep time: 60 minutes.

Ingredients

Cookies

- 1 ¼ cups whole-wheat flour
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¾ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup applesauce
- ½ cup plus 2 tablespoons honey
- 1 egg
- ½ teaspoon vanilla extract
- 1 cup shredded carrots
- 1 cup rolled oats

Frosting

- 8 ounces low-fat cream cheese
- ¼ cup honey
- 1 teaspoon vanilla extract
- 1 tablespoon carrot juice
- 1 teaspoon liquid chlorophyll
- ½ cup shredded carrots (optional)

You don't need
big ears and
a fluffy tail to
enjoy these
yummy carrot
cookies!



Carrot Cookies

Preparation

1. Preheat the oven to 375 degrees F. Grease two baking sheets.
2. For the cookies, in a medium bowl, whisk together the flour, cinnamon, nutmeg, baking soda and salt. In a large bowl, mix together the applesauce, honey, egg and vanilla. Add the carrots, oats and flour mixture to the large bowl. Mix well.
3. Put a spoonful of batter on the baking sheet. Shape the batter into a carrot with leaves. Flatten the cookie. Make more carrot-shaped cookies with the remaining batter. Bake 14 minutes. Let cool.
4. To make the frosting, mix the cream cheese, honey and vanilla together in a bowl. Divide the mixture into two bowls. Put $\frac{3}{4}$ of the mixture into one bowl and $\frac{1}{4}$ of the mixture into the other bowl. Add the carrot juice to the bowl with $\frac{3}{4}$ of the cream cheese mixture. Add the liquid chlorophyll to the other bowl. With separate spoons, stir both bowls.
5. Put the green frosting in a plastic bag. Cut off the corner of the bag. Frost the leaves. Put the orange frosting in a plastic bag. Cut off the corner of the bag. Frost the carrots. Optional: top the orange frosting with the $\frac{1}{2}$ cup shredded carrots.
6. Chill the cookies for 10 minutes before serving.



Recipe and photos by Mighty Media, Inc., mightymedia.com

Nutritional information per serving

| Calories | Fat | Cholesterol | Sodium | Carbs | Fiber | Protein |
|----------|------|-------------|---------|-------|-------|---------|
| 211 | 4 g. | 33 mg. | 276 mg. | 41 g. | 3 g. | 3 g. |

The nutritional values and information provided are approximations.