

# A Kansas SNAP-Ed *EZ Does it* Recipe

## Carrot Cookies



Servings: 30

### *Ingredients:*

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



**Remember to wash your hands with soap and warm water before and after cooking.**

### *Directions:*

1. In a large bowl, cream together margarine and honey. Stir in carrots and egg whites.
2. Stir together flour, baking powder, baking soda, salt, cinnamon, oatmeal and raisins. Gradually stir flour-oatmeal mixture into creamed mixture, just until all flour is mixed. Do not over mix.
3. Drop from teaspoon on greased baking sheet. Flatten slightly and bake at 350 degrees for 15 minutes, or until lightly browned.

**Nutrition Facts:** Each two cookie serving provides 130 Calories, 4g Total Fat, 1g Saturated Fat, 95mg Sodium, 24g Total Carbohydrate, 1g Dietary Fiber, 2g Protein

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

