Carrot Oatmeal Muffin Tops

Recipe

Makes about 2½ dozen cookies

Ingredients
♦ 1 cup whole wheat pastry flour
♦ 1 teaspoon baking powder
♦ 1/4 teaspoon fine sea salt
♦ 1 cup rolled oats
♦ 1/3 cup chopped walnuts
♦ 1/3 cup dried fruit, chopped (figs, dates, currants, raisins, etc.)
♦ 1 cup fresh shredded carrots
♦ 1/4 cup real maple syrup, room temperature
♦ 1/4 cup honey, room temperature
♦ 1/2 cup applesauce, no sugar
♦ 1/4 teaspoon fresh grated ginger

Directions
1. Preheat oven to 375F degrees. Prepare two baking sheets by lining them with parchment paper.
2. In a large bowl combine all the ingredients until just mixed.
3. Drop tablespoon size batter onto prepared baking sheets, leaving about 1 inch between each cookie.
4. Bake for 10 - 12 minutes or until the cookies are golden on top.

Nutritional Information

Nutrition
Serving Size: 19 grams (1 cookie)
Calories 44
Calories from fat 8
Total Fat 0.9 grams (1%)
Cholesterol 0 mg (0%)
Sodium 14 mg (1%)
Total Carbohydrate 8.4 grams (3%)
Dietary Fiber 0.8 grams (3%)
Sugars 3.8 grams
Protein 1.0 grams

Vitamins
Vitamin A: 10%
Vitamin C: 1%
Calcium: 1%
Iron: 2%

Nutrition Grade
A-

225 grams ~ 1 cup
% based on Daily Value
*based on a 2,000 calorie diet

Created, cooked, and provided by Culinary Chef Jessica Vanroo at Health & Fitness Fridays workshop on May 18, 2012