

Market District Demo Recipes

Dessert



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Freezer Friendly Carrot Cake Cookies

Serves: 24

Modified from: www.eatingwell.com

Items Needed: 1 medium bowl, 1 large bowl, measuring cups, measuring spoons, grater, 2 baking sheets, cooling rack, whisk, spatula

Ingredients:

- 1 c. white whole-wheat flour
- 1 tsp baking powder
- 1 tsp pumpkin pie spice
- ½ tsp salt
- 2/3 c. packed light brown sugar
- 6 Tbsp butter, melted
- 1 large egg
- 1 ½ tsp vanilla extract
- 1 c. old fashioned rolled oats
- ¾ c. grated carrot
- 1/3 c. raisins

Directions:

1. If baking cookies immediately, preheat oven to 350 degrees F and lightly grease 2 baking sheets.
2. Whisk flour, baking powder, pumpkin pie spice and salt together in a medium bowl.
3. Whisk brown sugar, butter, egg and vanilla together in a large bowl. Add the flour mixture, oats, carrots and raisins and stir with a wooden spoon until well combined.
4. If freezing, use a spoon to scoop out the dough and form into discs with your hand. Place in a freezer safe container and freeze until ready to use. When ready to bake, pop out the discs and follow the directions below.
5. If ready to bake immediately, drop level tablespoons of batter onto the prepared baking sheets (or place frozen cookie dough), making 2 batches of 12 cookies per batch.

6. Bake until the cookies are golden brown on the bottom, 12 to 14 minutes. Let cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely.

Nutrition Information (per 1 cookie):

Calories: 90 Fat: 3 g Carbs: 14 g Protein: 1 g Fiber: 1 g Sodium: 76 mg