

## HEALTHY CARROT CAKE OATMEAL SNACK COOKIES

*These cookies are a great alternative to a processed snack food and can be served for breakfast as well since they are packed with whole grains.*

SERVES ADULTS 50 2 INCH COOKIES

### INGREDIENTS

---

2 cups rolled oats  
1 ½ cups whole wheat or all-purpose flour  
3 teaspoons baking powder  
3 teaspoons cinnamon  
½ teaspoon nutmeg  
½ teaspoon salt  
¼ cup oil  
¾ cup brown sugar  
2 eggs, room temperature  
2 teaspoons vanilla  
1 to 2 ripe bananas, mashed  
2 cups freshly grated carrots (about 3 medium carrots)  
1 cup coconut flakes (optional)  
½ cup raisins or dried cranberries (optional)

### DIRECTIONS

---

1. Preheat oven to 350°F. Line two baking sheets with parchment or wax paper.
2. In a medium bowl, whisk together oats, flour, baking powder, cinnamon, nutmeg, and salt. In a separate bowl, whisk together oil, sugar, eggs, vanilla, and mashed banana.
3. Add the dry ingredients to the wet ingredients and mix well. Gently fold in the carrots, coconut and dried fruit, if using. Refrigerate at least 10 minutes or overnight if desired.
4. Drop the cookie dough in rounded scoops (about 2 tablespoons) onto the prepared sheet pans. Flatten slightly with your hand.
5. Bake for 10 to 12 minutes.