



Carrot cookies

Perfect to tuck into a lunch bag or enjoy after school with milk.

36 cookies / 27 min

Prep 15 min / Cook 12 min

These chewy little nuggets are perfect to tuck into a lunch bag or enjoy after school with milk. Pack them for on-the-go treats in the car for the family, perfect to pop in your mouth!

Ingredients

- **1 1/2 cups (375 mL) all purpose flour with added bran**
- **1 tsp (5 mL) baking powder**
- **1/2 tsp (2 mL) ground cinnamon**
- **1/4 tsp (1 mL) each ground ginger and nutmeg**
- **1 1/2 cups (375 mL) shredded carrots (2 carrots)**
- **1/2 cup (125 mL) 0% plain Greek yogurt**
- **1/3 cup (75 mL) packed brown sugar**
- **1/4 cup (50 mL) water**
- **3 tbsp (45 mL) canola oil**
- **2 tbsp (25 mL) ground flaxmeal**
- **1 tsp (5 mL) vanilla**
- **1/4 cup (50 mL) unsalted and roasted sunflower seeds**

Directions

1. In a large bowl, whisk together flour, baking powder, cinnamon, ginger and nutmeg.
2. In another bowl, whisk together yogurt, sugar, water, oil, flax and vanilla. Pour over flour mixture and stir to combine. Stir in carrots and seeds.
3. Scoop dough in tablespoons onto parchment paper lined baking sheet. Bake in 400° F (204° C) oven for about 12 minutes or until bottom is golden and centre is still soft. Repeat with remaining dough.

Tip: Use a mini ice cream scoop for easy portioning of the cooking dough.

Store in an airtight container in the refrigerator for up to 1 week or freeze for up to 2 weeks.

Nutritional info per serving (2 cookies)

- **Calories 97**

- **Protein 2 g**

- **Total Fat 4 g**

Saturated Fat 0 g

Cholesterol 0 mg

- **Carbohydrates 14 g**

Fibre 2 g

Total sugars 5 g

Added sugars 4 g

- **Sodium 27 mg**

- **Potassium 92 mg**

Recipe developed by Emily Richards, PH Ec. ©Heart and Stroke Foundation 2015.