



Carrot Cake Cookies

A Favorite from the Kitchen of Delisa Renideo



Dry Ingredients:

2 cups whole wheat pastry flour
1/2 tsp salt
1 tsp. baking soda

1 tsp cinnamon
1 tsp baking powder

Liquid Ingredients:

2/3 cup sugar (evaporated cane juice or Sucanat)
1 cup shredded carrots
1 tsp vanilla
2/3 cup raisins

1/2 cup water
1/4 cup apple sauce
2/3 cup chopped walnuts

Add:

- Mix dry ingredients together in one bowl.
- Mix liquid ingredients (including carrots) and sugar together in another bowl.
- Mix liquid and dry ingredients together with a spoon.
- Stir in the walnuts and raisins.
- Drop by spoonfuls on cookie sheet that has been sprayed lightly with Pam.
- Bake at 350 for about 12 minutes
- Cookies will be soft and “cakey”



Notes From Delisa:

I've always loved carrot cake and have discovered a way to make a very low fat version of it, so I decided to see if I could make something similar in the form of cookies. The following recipe is very low in fat and healthy, for a cookie! These cookies have a soft, “cakey” texture and are delicious fresh. Because they don't have any butter or shortening, they don't stay tasting fresh for long, so eat what you want right away and freeze the rest, and just thaw a few at a time to eat. (This can also help us use more restraint, if we have to thaw out a frozen cookie!)

You can substitute shredded apples or zucchini in place of the carrots, or a portion of the carrots. If you don't have whole wheat pastry flour, you can use regular whole wheat flour. They just wouldn't be quite as light – but still good!