

CARROTS



IN SEASON

February – July & October – November

HOW TO SELECT

Choose smooth, firm, crisp carrots with deep color & fresh green tops. Avoid soft, wilted, or split carrots.

HOW TO STORE

Refrigerate carrots in water in an airtight container up to 1 month. If carrots have greens, remove & store in a sealed plastic bag wrapped in a damp paper towel up to 2-3 days.

HELPFUL TIPS

Carrot top greens are tasty & full of vitamins & minerals. They add flavor to soups, salads & other recipes. If carrots become limp place in a bowl of ice water to restore crispness.

CARROT CAKE COOKIES

CARROTS



Nutrition Facts

Serving size: 2 cookies (53g)
Servings Per Recipe 24



Amount Per Serving

Calories 160 Calories from Fat 50

% Daily Value

Total Fat 6g	8%
Saturated Fat 0.5g	4%
Trans Fats 0g	
Cholesterol 15mg	4%
Sodium 110mg	4%
Total Carbohydrate 27g	8%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 3g	
Vitamin A 25%	Vitamin C 0%
Calcium 4%	Iron 6%

30 MIN | SERVES 24

INGREDIENTS:

- 1/2 cup packed brown sugar
- 1/2 cup sugar
- 1/2 cup canola oil
- 1/2 cup unsweetened applesauce
- 2 eggs
- 1 tsp vanilla extract
- 1 cup flour
- 1 cup whole-wheat flour
- 2 cups rolled oats
- 1 tsp baking soda
- 1 tsp baking powder
- 1/4 tsp salt
- 2 tsp pumpkin pie spice
- 1 1/2 cups **CARROTS**, finely grated
- 1 cup seedless raisins
- Non-stick cooking spray

PREPARATION:

1. Heat oven to 350°F.
2. In a large bowl, add sugar, oil, applesauce, eggs & vanilla extract. Mix well.
3. In a separate bowl, add flour & oats. Mix well. Then add baking soda, baking powder, salt & pumpkin pie spice. Mix well until all dry ingredients are completely combined.
4. Blend flour & oats mixture into the sugar mixture. Stir in raisins & carrots until completely combined.
5. Lightly coat a cookie sheet with cooking spray. Use a tablespoon to drop dough on cookie sheets.
6. Bake 12-15 minutes, or until golden brown.