Carrot Oatmeal Cookies

Estimated time: 20 minutes, plus 15 minutes baking time.

This recipe will make about 18 cookies.

SUPPLIES AND EQUIPMENT
Food processor or hand grater
Small, medium, and large mixing bowls
Measuring cups and spoons
Fork
Mixing spoon
Large dinner spoon
2 baking sheets
Oven for baking
Oven mitt for teacher
Spatula to remove cookies from sheets
Serving plate

FOOD INGREDIENTS
½ cup sugar
½ cup canola or vegetable oil
2 cups (6 ounces) shredded carrots, about 3 medium to large carrots
2 large eggs
2 cups white whole-wheat flour
1 cup rolled oats
1 teaspoon ground cinnamon
1 teaspoon baking powder
1 ½ teaspoons salt
1 teaspoon vanilla
Nonstick cooking spray

cinnamon, baking powder, and salt. Stir until evenly combined.

1. Heat the oven to 375°F.

2. Spray the baking sheets with nonstick cooking spray, and wash the carrots and grate them using a food processor or hand grater.

3. In a medium bowl, use a fork to beat the oil and sugar together until they’re well combined.

4. In a separate small bowl, beat the two eggs using a fork. Add the beaten eggs to the oil mixture. Add the grated carrots.

5. In a large bowl, combine flour, oats,