

Carrot Cake Cookies

A diabetic-friendly recipe

Ingredients:

- 1 cup instant oats
- 3/4 cup whole wheat or regular flour
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 2 tablespoons unsalted butter, melted and cooled
- 1 egg white, room temperature
- 1 teaspoon vanilla extract
- 1/4 cup maple syrup, room temperature
- 5 tablespoons nonfat milk, room temperature
- 3/4 cup grated carrot



Directions

1. Preheat oven to 325°F. Line a 9 X 9-inch baking sheet with parchment paper.
2. Combine oats, flour, baking powder, cinnamon, nutmeg, and salt in a medium bowl. Set aside.
3. Combine butter, egg white, and vanilla in a large bowl. Stir in syrup and milk. Stir in flour mixture. Fold in grated carrot.
4. Drop by rounded tablespoonful onto the prepared baking sheet. Flatten each slightly.
5. Bake 10–13 minutes. Allow to cool several minutes on the baking sheet before transferring to a cooling rack.

Makes 15–18 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.