

Nutrition Education

Carrots

With their naturally sweet flavor, carrots are eaten and enjoyed by many people throughout the world. Carrots are a root vegetable and are loaded with beta carotene which the body converts to vitamin A. One medium size carrot has only 30 calories, but provides 110% of the daily value for vitamin A along with two grams of fiber. Eating plenty of carrots can benefit your eyes, your skin and your heart; carrots may even help prevent cancer. So the next time you want something crunchy and orange, think CARROTS, not Cheetos. You entire body with thank you—from your eyes, to your skin to your heart to your waist to your hips!

Carrot-Oatmeal Breakfast Cookie

2 cups (6 ounces) shredded carrots, about 3 medium-large carrots

½ cup canola oil or melted coconut oil

½ cup sugar

1 teaspoon vanilla

2 large eggs

2 cups whole wheat flour

1 cup rolled oats

1 teaspoon ground cinnamon

1 teaspoon baking powder

½ teaspoon salt

Nonstick cooking spray or 2-4 teaspoons vegetable oil

1. Preheat oven to 375 F.
2. Spray cookie sheet with nonstick cooking spray or lightly coat with vegetable oil.
3. Wash carrots and grate using food processor or hand grater.
4. In medium bowl, use fork to beat oil and sugar together until well combined
5. In small bowl, beat eggs using fork. Add to oil mixture. Add carrots.
6. In large bowl, combine flour, oats, cinnamon, baking powder, and salt. Stir until evenly combined.
7. Create well in middle of dry ingredients. Slowly add oil mixture. Stir until wet and dry ingredients are evenly combined.
8. Using large dinner spoon, drop batter onto cookie sheet, leaving 2-inch space between cookies.
9. Bake 12-15 minutes or until golden brown.
10. Allow cookies to cool before serving.



