

Farmer's Market 2004



Cooperative Extension
of Chemung County

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ESNY



Carrot Chocolate Chip Cookies

Yield: About 7 Dozen

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| 2 eggs | 1/4 teaspoon baking soda |
| 1 cup packed brown sugar | 1/4 teaspoon ground nutmeg |
| 1/3 cup fat-free milk | 1 cup (6 oz) semisweet
chocolate chips |
| 1/3 cup canola oil | 1 cup quick-cooking oats |
| 2 cups all-purpose flour | 1 cup grated carrots |
| 1 teaspoon baking powder | 1 cup raisins |
| 1/2 teaspoon salt | |
| 1/2 teaspoon ground cinnamon | |

In a large bowl, beat eggs, brown sugar, milk, and oil. Combine the flour, baking powder, salt, cinnamon, baking soda and nutmeg; add to egg mixture and mix well. Stir in the chips, oats, carrots, and raisins. Drop by heaping teaspoonfuls onto baking sheets coated with nonstick cooking spray; flatten slightly. Bake at 350° F for 10-13 minutes or until golden brown. Remove to wire racks to cool.



Nutritional Analysis: One serving (4 cookies) equals 197 calories, 7 g fat (2 g unsaturated fat), 20 mg cholesterol, 99 mg sodium, 33 g carbohydrate, 2 g fiber, and 3 g protein.

Diabetic Exchanges: 2 starch, 1 Fat

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