



Healthy Oat Raisin Carrot Breakfast Cookie

Recipe by Cheryl Gregorich

Ingredients:

1 C Honey or Agave
¾ C Olive or Coconut Oil
1 Egg
1 C Golden Raisins
1 C Grated Carrots
½ C Coconut
½ C Raw Sunflower Seeds
1 T Flax Meal

3 C Rolled oats
1 ½ C Whole Wheat flour
½ tsp Cinnamon
½ tsp Baking Soda
¼ tsp Salt

Method:

Preheat Oven to 350°

1. In large bowl combine olive oil and honey. Whisk until combined.
2. Add egg and whisk.
3. Add golden raisins, coconut, sunflower seeds, carrots and flax meal. Mix until combined.
4. Add the rest of the dry ingredients and mix until combined.
5. Cover and let sit for 10 minutes at room temperature.
6. Scoop batter onto parchment lined baking sheets.
7. Press down each cookie.
8. Bake at 350° for 15 minutes in convection oven or 20-24 minutes in a standard oven.
9. This recipe is best if made and baked off on the same day. Cookies freeze well.

Yield: 1 dozen 2oz (Big) Cookies

Bartlett's Farm
33 Bartlett Farm Rd
508-228-9403
www.bartlettsfarm.com