



4 Ingredient Carrot Cake Oatmeal Cookies Oshkosh Community YMCA

All the flavors of carrot cake in a healthy oatmeal cookie form! These cookies are just 4 ingredients and don't contain any flour, eggs, refined sugar, butter or oil!

INGREDIENTS:

- 1/3 cup (29 g) finely shredded carrots
- 1/2 cup (122 g) unsweetened cinnamon applesauce
- 2 tbsp (30 ml) maple syrup
- 1 cup (93 g) quick oats

INSTRUCTIONS:

1. Preheat oven to 350°F (177°C). Line a large cookie sheet with parchment paper or a silicone baking mat.
2. Add carrots, applesauce and maple syrup to a large mixing bowl. Stir until the ingredients are evenly mixed. Add in oats and stir until they are evenly mixed in and coated. Taste, and if needed, you can add another 1 tbsp syrup if you desire sweeter cookies. If you want to add mix-ins like chopped nuts, chocolate chips or raisins, stir them in.
3. Use a 1.5 tbsp cookie scoop to scoop cookie dough and place onto prepared baking sheet, spacing cookies 1.5 inches apart.
4. Use the back of a metal spoon to flatten dough and smooth the sides of each cookie until they are thick round disks (a little less than 1/2 inch thick). If your dough is too sticky, wet the spoon lightly with water and then shape the cookies. The cookies will not spread much during baking, so shape the cookies how you want the final outcome to be.



Like what you tried? Email us at katieConklin@oshkoshymca.org

Recipe Source kirbiecravings.com/4-ingredient-carrot-cake-oatmeal-cookies/

- Bake cookies for about 12-13 minutes or until done. Let cookies cool before removing and eating. Store uneaten cookies in an airtight container in the fridge or freezer.

Nutrition Facts

Makes about 12 cookies. Serving size is 1 cookie.

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*				
Amount per	23 g	Total Fat	0.5g	1%	Total Carbohydrates	8g	3%		
1 serving (0.8 oz)		Saturated	0.1g	0%	Dietary Fiber	1g	4%		
Calories	40	Trans Fat	0g		Sugars	3g			
From fat	4	Cholesterol	0mg	0%	Protein	1g	2%		
<i>HappyForks.com</i>		Sodium	3mg	0%					
		Calcium	1%	Iron	2%	Vitamin A	10%	Vitamin C	1%

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.