

“There are carrots and zucchini in my cookie!”

What you need:

- 1/3 cup soft margarine
- 1/2 cup applesauce, unsweetened
- 2/3 cup brown sugar
- 1 egg
- 1 teaspoon vanilla
- 1 cup whole wheat flour
- 1 1/2 cups enriched white flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 2 teaspoons cinnamon
- 1 cup shredded zucchini
- 1/2 cup shredded carrots
- 1/4 cup powdered sugar



(over for directions, nutritional information)

“There are carrots and zucchini in my cookie!” (continued)

How to make:

Cream margarine, applesauce and sugar; add egg and vanilla and mix well. Combine the dry ingredients in a bowl. Add the dry ingredients to the creamed mixture and mix well. Drop the dough by teaspoonful onto an ungreased baking sheet at 350 degrees for 10 – 12 minutes. Sprinkle lightly with powdered sugar. Makes about 30 cookies.

Nutritional Information:

Makes 2 dozen cookies. Per Cookie: 55 calories, 3 g. total fat (1 g. saturated fat), 8 g. carbohydrate, 1 g. protein, <1 g. dietary fiber, 42 mg. sodium.



Recipe courtesy of Lifetime Health Medical Group