



January 28- Breakfast Cookie

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=5713>

Recipe

Ingredients:

- 2 large eggs, beaten
- ½ cup honey
- ¼ cup butter
- 1 cup grated carrots
- ½ cup raisins
- 1 cup walnuts, chopped
- ½ cup dried apricots, chopped
- 1 cup all-purpose flour
- 1 cup rolled oats
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1 ½ cup cheerios

Directions:

1. Combine egg, honey and butter.
2. Add raisins, walnut and apricots and stir to combine.
3. In a separate bowl combine flour, oats, nutmeg and cinnamon. Add this mixture to the egg mixture.
4. Fold in cheerios.
5. Drop mixture onto cookie sheets about 2.5cm apart and bake at 350°F for 15 minutes, or until cookies are firm.

Yield 30 servings

Nutrition Facts

Serving Size 1 cookie (35.84g)
Servings Per Container 30

Amount Per Serving

Calories	120	Calories from Fat	50
% Daily Value*			
Total Fat	6g		9%
Saturated Fat	1.5g		7%
Trans Fat	0g		
Cholesterol	15mg		5%
Sodium	65mg		3%
Total Carbohydrate	15g		5%
Dietary Fiber	1g		5%
Sugars	8g		
Protein	2g		5%
Vitamin A	15%	•	Vitamin C 0%
Calcium	4%	•	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.