January 28- Breakfast Cookie
Not Smart Snack

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 120</th>
<th>Calories from Fat 50%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>6g</td>
<td>9%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5g</td>
<td>7%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>15mg</td>
<td>5%</td>
</tr>
<tr>
<td>Sodium</td>
<td>65mg</td>
<td>3%</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>5%</td>
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<tr>
<td>Sugars</td>
<td>8g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
<td>5%</td>
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</tbody>
</table>

Vitamin A 15% • Vitamin C 0%
Calcium 4% • Iron 6%

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