

From our kitchen to yours



Walnut & Flax Carrot Cookies

Courtesy of Diabetes Canada

PREP TIME: 15 min COOK TIME: 13-15 min TOTAL TIME: 30 min YIELDS: 24

Ingredients:

1/2 cup	canola oil	3/4 cup	rolled oats
2/3 cup	brown sugar, lightly packed	1/4 cup	ground flaxseed
1	egg	1/2 cup	chopped walnuts
1 tsp	pure vanilla extract	2 tsp	cinnamon
3/4 cup	whole-wheat or all-purpose gluten-free flour	1/4 tsp	baking soda
		1 cup	finely grated carrots, packed

Directions:

Preheat oven to 350°F (180°C). Line a baking sheet with parchment paper.

In a mixing bowl, beat together canola oil, sugar, egg and vanilla.

In a separate bowl, toss together flour, oats, flaxseed, walnuts, cinnamon and baking soda.

Add dry ingredients and carrots to the wet ingredients and stir well by hand to combine.

Scoop tablespoon-sized portions and place on a cookie sheet, about 2 in. (5 cm) apart. Bake for 13 to 15 minutes.

