DISTRICT 5 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: Kierney Wallis							
CATEGORY *Please check one*	☐	Appetizer	☐	Main Dish	☐	Side Dishes	☒ Healthy Desserts
COUNTY	Wood						
AGE DIVISION	☐	Junior	☐	Intermediate	☒	Senior	

Name of Recipe: Healthy Oatmeal Carrot Cake Cookies		
Prep Time: 10	**Cook Time:** 9	**Cost:** 9.53

Type Recipe Here:

Ingredients
3/4 cup white whole wheat flour
1/2 teaspoon baking soda
1/4 teaspoon salt
1 1/2 teaspoons cinnamon
1/8 teaspoon nutmeg
1/4 cup coconut oil, melted and cooled
1/2 cup packed dark brown sugar
1/2 large ripe banana mashed
1 teaspoon vanilla extract
1 heaping cup shredded carrots
1 1/4 cups rolled oats
1/4 cup chopped pecans
1/4 cup raisins
For the glaze:
1/4 cup powdered sugar
1-2 teaspoons unsweetened almond milk
dash of cinnamon

Instructions
Preheat oven to 350 degrees F. Line a baking sheet with parchment paper.
In a medium bowl, whisk together flour, baking soda, cinnamon, nutmeg, and salt.
In a separate large bowl mix together coconut oil, brown sugar, banana and vanilla until well combined; next fold in shredded carrots. Add in flour mixture and mix with a wooden spoon until just combined. Fold in oats, coconut, pecans, and raisins.
Use a small cookie scoop and drop by tablespoonful on prepared baking sheet. Gently flatten with your hand. Bake for 9-11 minutes or until golden brown around the edges. Cool cookies for a few minutes on the baking sheet before transferring to a wire rack to finish cooling.

To make the glaze: Combine powdered sugar, almond milk and cinnamon in a bowl. Drizzle a tiny bit over cookies, then let dry.

Makes about 18 cookies.

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

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