DISTRICT 5 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

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

Name of Recipe: Healthy Carrot Cake Cookies		
Prep Time: 20	**Cook Time:** 15	**Cost:** 9.89

Type Recipe Here:

Ingredients

FOR THE CARROT COOKIES:
1 1/4 cups quick-cooking oats
1 cup oat flour *see notes to make your own
2 tablespoons ground flaxseed meal
1 teaspoon baking powder
2 teaspoons pumpkin pie spice
1/4 teaspoon kosher salt
1 1/2 cups peeled grated carrots (about 8 ounces or 2 large carrots)
3/4 cup chopped pecans
1/4 cup raisins
1/3 cup honey
1/3 cup unsweetened applesauce at room temperature
1/4 cup melted cooled coconut oil
1 teaspoon pure vanilla extract
FOR THE ORANGE ICING (optional):
1/2 cup powdered sugar sifted if lumpy
1 tablespoon freshly squeezed orange juice plus additional as needed
1/4 teaspoon pure vanilla extract

Instructions

Place a rack in the center of your oven and preheat the oven to 350 degrees F. Line a large rimmed baking sheet with parchment paper or a silicone baking mat.
In a large bowl, whisk together the oats, oat flour, flaxseed, baking powder, pumpkin pie spice, and salt. Add the carrots, pecans, and raisins. With a rubber spatula, stir to combine.
In a separate medium bowl, briskly whisk together the honey, applesauce, coconut oil, and vanilla extract. If your coconut oil re-solidifies, pop the mixture in the microwave for a few seconds, then stir until smooth. Pour the liquid mixture into the oat mixture and fold in by hand, just until combined. The dough will be thick, wet, and sticky.
With a large cookie scoop or 1/4 cup measure, portion the dough by 1/4 cupfuls onto the prepared baking sheet, leaving 2 inches of space between each. Carefully flatten each cookie to be about 3/4 inch thick. If the dough is sticking to your hands, wet your palms slightly to make the process easier.
Bake until the cookies are lightly golden and firm at the edges and on the top, 12 to 14 minutes. Place the baking sheet on a cooling rack (do not keep it on top of your hot oven) and let the cookies cool on the pan for 10 minutes. Transfer cookies from the sheet to the wire rack to finish cooling completely.
For the orange icing: Whisk the powdered sugar, orange juice, and vanilla together in a small bowl. Drizzle over the cooled cookies. Wait a few minutes to allow the icing to set. Enjoy!
NOTES:
TO MAKE YOUR OWN OAT FLOUR: To make your own oat flour, pulse 1 cup plus 1 tablespoon rolled or quick oats in a food processor until they are well ground. Measure out 1 cup for the recipe, then use as directed.

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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