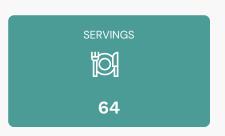


Carrot Cake Muffin Cookies

Vegetarian







DESSERT

Ingredients

0.3 tsp salt

O.5 cup butter (I used brumble & brown)
0.5 cup brown sugar (they said 1 cup)
0.5 cup brown sugar (they said 1 cup)
1 Tbsp maple syrup
2 tsp baking soda
1 tsp ground cinnamon
1 tsp ground ginger

	1 eggs
Ħ	0.3 cup apple sauce unsweetened
$\overline{\Box}$	1 tsp vanilla extract
H	1 cup pastry flour whole wheat
$\overline{\sqcap}$	1 cup flour whole wheat white
$\bar{\sqcap}$	1 cup carrots shredded finely (2 medium)
$\overline{\sqcap}$	0.8 cup raisins
$\overline{\sqcap}$	0.5 cup walnut pieces chopped for 3/4 cup, but i only had half, add more (recipe calls)
	0.5 Tbsp sugar
Eq	Juipment
	bowl
	baking sheet
	oven
	wire rack
	blender
	hand mixer
D :	
ווט	rections
	Preheat oven to 350
	In a large bowl beat the butter with an electric mixer on medium speed for 30 seconds.
	Add brown sugar, maple syrup, baking soda, cinnamon, ginger and salt. Beat until combined.
	Beat in egg, applesauce and vanilla. Beat in as much flour as you can with mixer. Stir in
	remaining flour, carrots, raisins, walnuts just until combined.
브	Drop by slightly rounded teaspoons 2 apart onto an ungreased cookie sheet.
Ш	Sprinkle with Turbinado sugar.
	Bake 8 10 minutes or until edges are firm.
	Transfer to a wire rack: cool.

Nutrition Facts

PROTEIN **5.82%** FAT **35.5%** CARBS **58.68%**

Properties

Glycemic Index:3.39, Glycemic Load:0.87, Inflammation Score:-3, Nutrition Score:1.4921739130435%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Catechin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Taste

Sweetness: 100%, Saltiness: 13.36%, Sourness: 8.8%, Bitterness: 17.12%, Savoriness: 5.1%, Fattiness: 42.89%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 53.21kcal (2.66%), Fat: 2.19g (3.38%), Saturated Fat: 1g (6.26%), Carbohydrates: 8.16g (2.72%), Net Carbohydrates: 7.51g (2.73%), Sugar: 3.84g (4.27%), Cholesterol: 6.37mg (2.12%), Sodium: 63.74mg (2.77%), Protein: 0.81g (1.62%), Vitamin A: 382.91IU (7.66%), Manganese: 0.14mg (7.07%), Fiber: 0.66g (2.63%), Selenium: 1.51µg (2.15%), Copper: 0.03mg (1.55%), Phosphorus: 13.88mg (1.39%), Magnesium: 5.38mg (1.34%), Iron: 0.24mg (1.32%), Potassium: 41.35mg (1.18%), Vitamin B1: 0.02mg (1.11%), Vitamin B6: 0.02mg (1.08%)