

DESSERT

Orange Cookies II

14 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	36	\$0.08	87 kcal

Orange Cookies II might be just the dessert you are searching for. One portion of this dish contains around 1g of protein, 4g of fat, and a total of 87 calories. For 8 cents per serving, this recipe covers 2% of your daily requirements of vitamins and minerals. This recipe serves 36.

Ingredients

☐ 2 teaspoons baking powder	☐ 1 cup cooked grated carrots
☐ 1/3 cup confectioners' sugar for decoration	☐ 1 egg
☐ 2 cups sifted all-purpose flour	☐ ½ orange, juiced
☐ 1 tablespoon orange zest	☐ ½ teaspoon salt
☐ ¾ cup shortening	☐ ¾ cup white sugar

EQUIPMENT Baking sheet, Baking paper, Oven

Method

- 1 Preheat oven to 375 degrees F (190 degrees C).
- 2 Cook the grated carrots in enough water to cover. Boil until just soft and drain. Do not over cook!
- 3 Cream the shortening and sugar together.
- 4 Add the egg and mix well. Stir in the cooked carrots while still warm.
- 5 Add the sifted flour, salt and baking soda and mix to combine.

- 6 Drop by teaspoonfuls onto parchment paper lined baking sheets and bake at 375 degrees F (190 degrees C) for 12 minutes.
- 7 Let cool then frost with Orange Icing.
- 8 Add enough confectioners' sugar to the orange juice and orange zest to make a spreading consistency.
- 9 Spread icing over cooled cookies and let dry.

Nutrition per serving

87	1 g	4 g	11 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.1 g · 7% of daily needs
Fibre			0.3 g · 1% of daily needs
Sugar			5.5 g · 6% of daily needs
Sodium			60.4 mg · 3% of daily needs
Cholesterol			4.6 mg · 2% of daily needs
Vitamin C			0.9 mg · 1% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/orange-cookies-ii-142470