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Healthy Honey Carrot Cookies

- 1/4 Cup butter
- 1/2 Cup unsweetened applesauce
- 1/2 Cup honey
- 1 Egg
- 1 Tsp vanilla extract
- 1/2 Tsp lemon extract
- 1 Cup sifted whole wheat flour
- 1 Cup sifted all-purpose flour
- 2 Tsp baking powder
- 1/2 Tsp salt
- 1 1/2 Cups grated carrots
- Cooking spray

- 1) Preheat oven to 375 degrees.
- 2) Cream together butter, applesauce and honey. Add eggs, and beat well. Blend in vanilla and lemon extracts.
- 3) In a separate bowl, sift together the flours, baking powder and salt. Gradually add the dry ingredients to creamed mixture, and mix well.
- 4) Stir in carrots.
- 5) Prepare baking sheets with a quick shot of cooking spray. Drop by teaspoon on baking sheets. Bake 15-18 minutes and cool on racks.

Makes 36 Cookies

