

Carrot Cookies

🕒 10 minutes (prep. time)

🕒 10 - 15 minutes (cooking time)

👤 Makes 8 - 10 cookies

Ingredients

1 tablespoon butter or spread

2 tablespoons of sugar

1 teaspoon vanilla essence

6 tablespoons of self-raising flour (or add 1/2 teaspoon of baking powder to plain flour)

1 medium carrot, grated

1 tablespoon water

Optional additions - spices eg. cinnamon and nutmeg, nuts or raisins

Method

1. Pre-heat the oven to 200°C
2. Cream together the butter and sugar in a medium bowl and stir through the vanilla essence
3. Mix in the grated carrot and any additions (nuts, raisins)
4. Fold in the flour and baking powder and spices if using, adding water as it gets dry. The mixture will be quite wet.
5. Drop small spoonfuls onto a greased tray and press down a little to form rounded cookie shapes. Depending in the size, this recipe will make 8 to 10 small cookies.
6. Sprinkle the tops with a little extra sugar and bake in the oven for 10 - 15 minutes until they're golden brown.

Note: these cookies have a breadier texture than we're used to, but you'll be getting one of your five a day!

