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Our Heart "Beets" Plant Strong

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Carrot Cake Breakfast Cookies

Ingredients:

- 2 ½ cups rolled oats
- ½ cup flour
- 1 tsp baking powder
- ¼ tsp baking soda
- 1 ½ tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp cloves
- ¼ tsp ginger
- ¾ cup raisins
- 1 flax egg (1 Tbsp ground flaxseed + 3 Tbsp water)
- 1/3 cup almond milk
- 1 tsp vanilla
- 1 cup grated carrot
- 1 cup chopped pineapple
- 1 ripe banana

Directions:

1. Preheat oven to 350°
2. Prepare "flax egg" mixture in a small bowl and set aside
3. Mash banana in a large bowl
4. Add in all wet ingredients and mix well
5. Add in flax egg and mix
6. Add in all dry ingredients and mix well
7. Cover a baking sheet with parchment paper, scoop out dough, form into round cookies and place on baking sheet
8. Bake for 15-17 minutes

*Makes 16 cookies

Nutrition Facts	
Servings 16.0	
Amount Per Serving	
calories	105
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 34 mg	1 %
Potassium 183 mg	5 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 3 g	12 %
Sugars 6 g	
Protein 3 g	6 %
Vitamin A	27 %
Vitamin C	8 %
Calcium	2 %
Iron	5 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	