

Carrot, Apple & Oat Breakfast Bites



- 2 cups whole wheat flour
- 1 cup rolled oats
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1 tsp cinnamon
- 1/3 cup vegetable oil

- 1 large egg
- 1/4 cup brown sugar
- 1 tsp vanilla
- 1 medium apple, grated
- 1 medium carrot, grated
- 1 banana, mashed



Directions

Preheat the oven to 350. Line a cookie sheet with grease-proof paper.

In a large bowl mix together the whole wheat flour, oats, baking powder, baking soda and cinnamon.

In a separate smaller bowl, beat the egg. Add the oil, vanilla extract, and brown sugar. Stir well. Add this mixture to the dry ingredients and mix until well combined.

Add the grated carrot, grated apple and mashed banana and stir until everything is well mixed together.

Roll the cookie dough into 1 inch sized balls. Place each on the cookie sheet and press down lightly with a fork.

Bake in the oven for 13-15 minutes. Allow to cool on a wire rack.

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Fast Facts	25 HARVEST
Featured Food Groups 🔤	Nutrition Facts
Fruits Grains Vegetables Protein Protein Protein Choose MyPlate.gov Vegetables	20 servings per container Serving size 1 cookie
	Amount Per Serving Calories 120
	% Daily Value* Total Fat 4.5g 6% Saturated Fat 3.2g 16% Trans Fat 0g
	Cholesterol 10mg 3%
Cooking Tips 🗨 🚘	Sodium 35mg2%Total Carbohydrate 18g7%
	Total Carbonyulate rigg 7% Dietary Fiber 2g 7% Total Sugars 5g
• 1/3 cup chocolate chips, raisins, coconut, and nuts op-	Includes 4g Added Sugars 8%
tional	Protein 3g 6%
Applesauce or coconut oil can substitute for vegetable	Vitamin D 0.1mcg 0% Calcium 18.4mg 2%
oil	Calcium 18.4mg 2% Iron 0.7mg 4%
OII	Potassium 117mg 2%
Honey can substitute for brown sugar	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
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Fast Facts	
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Featured Food Groups	Nutrition Facts
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Featured Food Groups	Image: Constant serving size 1 cookie Amount Per Serving 1 200 Calories 120 % Daily Value* 6%
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