



Carrot, Apple & Oat Breakfast Bites



Ingredients



- 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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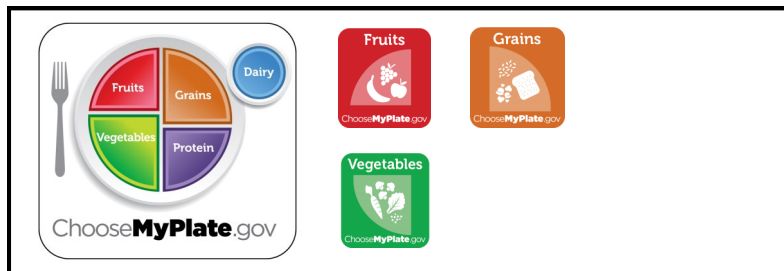
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Fast Facts



Featured Food Groups



Cooking Tips

- 1/3 cup chocolate chips, raisins, coconut, and nuts optional
- Applesauce or coconut oil can substitute for vegetable oil
- Honey can substitute for brown sugar

Nutrition Facts

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%
<i>Trans Fat</i> 0g	
Cholesterol 10mg	3%
Sodium 35mg	2%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	6%
Vitamin D 0.1mcg	0%
Calcium 18.4mg	2%
Iron 0.7mg	4%
Potassium 117mg	2%

*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.

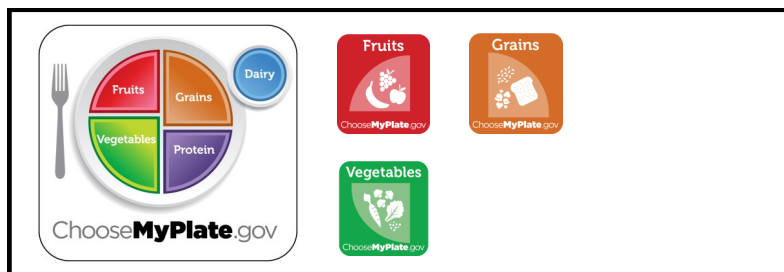
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