

# Saint Paul Public Schools' Whole Grain Smart Round

This wholesome breakfast item is made in the Nutrition Center. With the help of the Mississippi Market, the recipe was revamped to have less fat, sugar, and sodium—and it's still delicious! These cookies are packed full of whole grain flour, oats, and shredded carrots. They also include local flaxseed from a farm in Morehead, MN, that adds heart-healthy omega-3 fatty acids.

## YIELD

4 dozen

## INGREDIENTS

- 1/4 cup flaxseed, ground
- 1 cup water
- 1 cup butter, softened
- 1/2 cup shortening
- 1 cup sugar
- 1 1/2 cups packed brown sugar
- 2 teaspoons vanilla extract
- 2 cups shredded carrots
- 4 cups quick-cooking oats
- 2 2/3 cups whole wheat flour
- 1 1/3 cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon salt
- 3/4 cup miniature semisweet chocolate chips



## DIRECTIONS

- Combine 1 cup water with 1/4 cup flaxseed; set aside
- In a large bowl, cream the butter, shortening and sugars
- Beat in flaxseed mixture and vanilla; add carrots; mix well
- Combine the oats, flour, baking soda and salt; add to creamed mixture and mix well; stir in chocolate chips
- Cover and refrigerate for at least 4 hours
- Drop by rounded tablespoonfuls 3 inches apart onto baking sheets coated with cooking spray
- Bake at 375° for 10-13 minutes or until lightly browned
- Cool for 2 minutes before removing to wire racks

## NUTRITIONAL INFORMATION

### PER 1 SERVING

**CALORIES** 186  
**TOTAL FAT** 8.4 g  
**CARBS** 26 g  
**SODIUM** 115 mg



**real choices**  
Eating healthy never tasted so good.