



Treat Time

Approximate Time: 15 minutes

Prep Time: 15 minutes

Cook Time: 10–12 minutes

Cool Time: 15 minutes

“LION COOKIES” (Carrot Cookies)



3/4 c. butter
3/4 c. packed brown sugar
1/2 c. granulated sugar
1 egg
1 tsp. vanilla
1 c. shredded carrots
1/4 c. walnuts or sunflower seeds

1 3/4 c. whole wheat flour
1 tsp. baking powder
1/4 tsp. baking soda
1/2 tsp. cinnamon
1/4 tsp. ground cloves
2 c. oats
1/4 c. + 36 raisins
1 Tbs. shredded coconut
1/4 c. sliced Almonds

Cream together the butter, brown sugar, granulated sugar, egg, and vanilla until light and fluffy. Add flour, baking powder, baking soda, cinnamon, and cloves. Beat until thoroughly combined. Stir in oats, walnuts, carrots, and raisins (reserve the 36 raisins for noses).

Drop dough by rounded tablespoon fulls, 2 inches apart, onto ungreased cookie sheet. Slightly flatten and then place 2 almond slices on each for eyes, a raisin for the nose, and coconut for whiskers. Bake in a 375 degree oven for 10-12 minutes. Cool. Makes 3 dozen “Lions.”

Optional: Bake cookies before adding eyes, nose, and whiskers. Remove from oven and cool. Frost with cream cheese frosting that has been colored with 4 drops red, 6 drops yellow, and 2 drops blue food coloring. Then add the eyes, nose and whiskers.

Treat Time: Have children help make the cookies. While you're adding the ingredients discuss why Heavenly Father wants us, like Daniel and his friends, to eat more vegetables and fruit like the raisins and the carrots and nuts and seeds like the walnuts, almonds and sunflower seeds, and whole grains like the whole wheat flour and oats.

Closing Prayer and blessing on the food.