THE J.M. SMUCKER Co

Carrot and Apple Morning Glory Drops

Prep Time	Cook Time	Serves	Difficulty
15 mins	20 mins	30	N/A

Ingredients

- 1 cup (250 mL) **Robin Hood®** Original All Purpose Flour

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- 1/2 cup (125 mL) **Robin Hood®** Whole Wheat All Purpose Flour

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- 1/2 cup (125 mL) ground flaxseed
- 2 tbsp (30 mL) ground chia seeds
- 2 tsp (10 mL) cinnamon
- 1 tsp (5 mL) baking soda
- 1 can (300 mL) **Eagle Brand®** Low Fat Sweetened Condensed Milk
- 3/4 cup (175 mL) plain non-fat yogurt
- 1/3 cup (75 mL) Canola or Vegetable Oil
- 1 egg
- 1 tsp (5 mL) vanilla extract
- 1 cup (250 mL) peeled and grated apple
- 1 cup (250 mL) peeled and grated carrot
- 3/4 cup (175 mL) raisins
- 1/2 cup (125 mL) pumpkin seeds

Directions

Step 1:

Preheat oven to 375°F (190°C). Line baking sheets with parchment paper.

Step 2:

Combine flours, ground flax seed, ground chia seeds, cinnamon and baking soda in large mixing bowl.

Step 3:

Beat condensed milk, yogurt, oil, egg and vanilla in a separate large mixing bowl with a handheld whisk. Pour into dry mixture. Stir just until combined. Add remaining ingredients. Mix well.

Step 4:

Drop by tbsp (15 mL) onto prepared baking sheets. Bake in preheated oven 18-20 minutes or until golden brown. Remove and cool on wire rack.

Images

