



## **Garden Vegetable Maple Oat Cookies**

*Parsnips, carrots, and maple syrup are a heavenly combination*

- 1 cup sifted all-purpose flour
- 1 cup quick cooking oats
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ground ginger
- 1/2 cup unsalted butter, softened
- 1/2 cup maple syrup
- 1 egg
- 1 teaspoon vanilla
- 1/4 cup fresh shredded parsnips
- 1/4 cup fresh shredded carrots
- 1/3 cup chopped pecans
- 1/3 cup currants

## **Maple Glaze**

1/2 cup confectioners' sugar

1 Tablespoon maple syrup

1/2 Tablespoon water or as needed

Preheat oven to 350-degree F. Place silicone baking mats on two large insulated cookie sheets.

In large bowl, combine flour, oats, baking powder, baking soda, cinnamon, nutmeg, and ginger; set aside.

In mixing bowl, cream butter to soften; add maple syrup, egg, vanilla and reserved dry ingredients until dough forms; add shredded parsnips and carrots, stir in pecans and currants.

Using 1-1/2 Tablespoon scoop; drop dough onto mat lined cookie sheets leaving about 2 inches between cookies. Lightly flatten cookies. Bake in preheated 350-degree F oven for 12 to 14 minutes or cookies are golden brown with brown edges. Remove from oven; let rest about 5 minutes; remove to cooling rack. When cookies are cook; drizzle lightly with maple glaze. Yield: about 2 dozen cookies

**Maple Glaze:** In small bowl, combine confectioners' sugar, maple syrup, and water. Stir until smooth and able to drizzle.

**Cook's Note:** If you don't pat the cookies lightly, they will bake into soft puffy oat cookies. Either way, they are delicious. You can also make these cookies using all shredded carrots or parsnips.

**About the Recipe:** Maple flavored, lightly spiced oat cookies are chewy and moist. Fresh shredded parsnips and carrots bring their garden sweetness and chopped pecans add the crunch. Stir in some tiny currants or fine chopped raisins for an extra pop of flavor. Wrap in waxed paper lined air tight container as a pack-to-go sweet snack.