



Carrot Cake Bars



prep time
5 minutes



total time
50 minutes



servings
9 bars

Ingredients

Bars

- 1 cup/150 grams gluten-free flour ~5 carb servings
- 2 teaspoons cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon nutmeg
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 medium brown banana ~ 1.5 carb servings
- 1 large egg ~ 1 protein serving, 1/3 fat serving
- 1/4 cup + 2 tablespoons milk of choice ~ negligible
- 2 tablespoons coconut oil (softened/melted) ~ 2 fat servings
- 2 tablespoons maple syrup ~ 1.5 carb servings
- 2 teaspoons vanilla extract
- 1 heaping cup/125 grams finely shredded carrots ~ 1.5 carb servings
- 1/4 cup/40 grams raisins (40 grams) – optional ~ 2 carb servings
- 1/2 cup/25 grams walnuts, roughly chopped – optional ~ 1 fat serving

Frosting

- 1 1/2 cups/360 grams full-fat plain greek yogurt ~ 5 protein servings, 1/2 carb serving
- 2 tablespoons maple syrup ~ 1.5 carb servings
- 1/2 teaspoon vanilla extract

🍷 holiday treat

Instructions

- 1 Preheat oven to 350 degrees Fahrenheit. Grease an 8x8 pan with a little ghee/butter/oil.
- 2 Mix dry ingredients. Add your flour, cinnamon, ginger, nutmeg, baking soda, baking powder, and salt in a medium bowl and whisk to combine.
- 3 Mix your wet ingredients. In a separate medium-large bowl, mash your banana until smooth. Add your egg, milk, melted oil, maple syrup, and vanilla extract and mix well to combine. Add your dry mixture to your wet mixture and mix well. Stir in carrots, raisins, and walnuts.
- 4 Bake. Pour the carrot cake batter into your prepared baking dish and bake for 28-32 minutes until a toothpick comes out clean. Let cool.
- 5 While the bars bake, make your frosting. Add greek yogurt, maple syrup, and vanilla extract to a medium bowl and whisk to combine. Place in



the fridge to let the frosting chill until the carrot cake bars cool.

- 6 Frost bars. Once the bars are cooled, add frosting and evenly spread it over the bars. Place in the fridge for 10 minutes to let chill.
- 7 Slice into 9 pieces and enjoy!

Whole Recipe Breakdown:

6 Servings Protein
13.5 Servings Carb
3 1/3 Servings Fat
0 Servings Veggies

*includes optional items

