



## Bars – Carrot & Zucchini

Makes: 50+ child servings

### Ingredients

Imperial Measurement	Ingredient	Metric Measurement
3 cups	whole wheat flour	750 mL
2 tsp	baking powder	10 mL
1 tsp	ginger, ground	5 mL
½ tsp	baking soda	2 mL
4	eggs, beaten	4
1 ½ cups	brown sugar	375 mL
1 cup	vegetable oil	250 mL
½ cup	honey or maple syrup	125 mL
2 tsp	vanilla	10 mL
3 cups	carrot, shredded	750 mL
3 cups	zucchini, shredded	750 mL
1 cup	raisins	250 mL

### Instructions

1. Preheat oven to 350°F (180°C).
2. In a bowl, combine flour, baking powder, ginger, and baking soda.
3. In a separate large bowl, stir together eggs, brown sugar, oil, honey, and vanilla.
4. Add flour mixture to wet ingredients. Fold in carrots, raisins, and zucchini.
5. Line two 9 X 13 inch (3.5 L) rectangular baking pans with paper. For ease of removal, allow paper to hang over the pan on two sides.
6. Divide batter and press into pans with a fork.
7. Bake for approx. 25 – 30 minutes or lightly golden.

*Note:* Divide each pan into 32 equal portions. Extra bars can be frozen.

#### Nutrition Information

Serving 30 g Bar

<b>Calories</b>	90
<b>Fat</b>	4 g
	Saturated 0 g
	+ Trans 0 g
<b>Sodium</b>	30 mg
<b>Carbohydrates</b>	14 g
	Fibre 1 g
	Sugars 9 g
<b>Protein</b>	1 g
	Calcium 20 mg
	Iron 0.5 mg

#### Food Guide Servings

¼ Vegetable & Fruit  
½ Grain Product