



## Loaf - Carrot

Makes: 50+ child servings [4 loaves (40 slices)]

### Ingredients

Imperial Measurement	Ingredient	Metric Measurement
6 cups	whole wheat flour	1.5 L
4 tsp	baking soda	20 mL
4 tsp	baking powder	20 mL
1 tsp	cinnamon, ground	5 mL
1 cup	sugar	250 mL
1 ½ cups	vegetable oil	375 mL
½ cup	yogurt	125 mL
8	eggs, beaten	8
2 tsp	vanilla	10 mL
6 cups	carrots, shredded	1.5 L
Optional:		
1 cup	raisins	250 mL

### Instructions

1. Preheat oven to 350°F (180°C).
2. In a large bowl, mix together flour, baking powder, baking soda, cinnamon, and sugar.
3. In another bowl, combine eggs, yogurt, oil, and vanilla.
4. Add dry mixture to wet ingredients. Stir until just combined. Fold in carrots.
5. Line four 8 ½ X 4 inch (1.5L) rectangular loaf pans with parchment paper. For ease of removal, allow paper to hang over the edge of the pan on two sides.
6. Divide batter and press into pans with a fork.
7. Bake for 45 – 50 minutes until top is golden.

*Note:* Divide each loaf into 10 equal slices. Extra loaf can be frozen.

#### Nutrition Information

Serving ½ slice (35 g)	
<b>Calories</b>	100
<b>Fat</b>	5 g
	Saturated 0.5 g
	+ Trans 0 g
<b>Sodium</b>	100 mg
<b>Carbohydrates</b>	11 g
	Fibre 1 g
	Sugars 4 g
<b>Protein</b>	2 g
	Calcium 40 mg
	Iron 0.5 mg

#### Food Guide Servings

¼ Vegetable & Fruit  
½ Grain Product