



Carrot Cake Breakfast Bars

10 servings

40 minutes

Ingredients

1 1/2 cups Almond Flour
 1 tsp Cinnamon
 1/2 tsp Nutmeg
 1/4 tsp Sea Salt
 1/2 tsp Baking Soda
 3 Egg
 1/4 cup Maple Syrup
 2 tbsps Coconut Oil (melted)
 1 tsp Vanilla Extract
 1 1/2 cups Grated Carrot
 1/2 cup Walnuts (chopped)
 1/4 Navel Orange (zested)

Nutrition

Amount per serving	
Calories	213
Fat	17g
Carbs	12g
Fiber	3g
Sugar	7g
Protein	7g

Directions

- 1 Preheat the oven to 350°F (177°C). Line a baking pan with parchment paper.
- 2 In a large bowl, add the almond flour, cinnamon, nutmeg, sea salt and baking soda. Whisk together to combine.
- 3 In a separate medium sized bowl add the eggs, maple syrup, coconut oil and vanilla. Whisk together. Then add the carrots, walnut and orange zest and whisk again.
- 4 Add the wet ingredients to the dry ingredients and stir to combine. Pour into your prepared pan and bake for 25 to 27 minutes.
- 5 Remove from the oven and let them cool before slicing evenly into bars. Enjoy!

Notes

Baking Pan Size: Use an 8x8 baking pan if making the standard 10 servings.

Optional Icing Drizzle: For the standard serving size of 10: Melt 3 tablespoons of coconut butter with 1 teaspoon of coconut oil over low heat. Then drizzle on top of the squares once they have completely cooled.

Leftovers: Store in the fridge in a sealed container for up to 5 days. Freeze for longer.

Flour: This recipe was developed and tested using almond flour only. We have not tested other flours with this recipe, but if you try a different flour combination, let us know how it turns out!