



Carrot Cake Granola Bars

Adapted from *simplysissom.com*



Ingredients



- 2 bananas
- 1 tsp vanilla
- 1/4 cup nut/seed butter
- 2 cups rolled oats
- 3/4 cup raisins
- 1 cup pepitas
- 1/2 cup coconut
- 1/4 cup sunflower seeds
- 1 tsp cinnamon
- 1/2 tsp sea salt
- 1 cup grated carrots



Directions



Yield: 16 bars Serving size: 1 bar

Total cost: \$7.36 Serving cost: \$0.46

1. Heat oven to 350°F and lightly oil a 9×13 inch pan and line with parchment paper.
2. In a large mixing bowl, use a fork to mash bananas into a puree. Add vanilla and nut/seed butter. Stir to combine. Add oats, raisins, pepitas, coconut, sunflower seeds, cinnamon, sea salt and carrot. Mix well.
3. Dump mixture into prepared baking dish. Use a rubber spatula to spread evenly. Press firmly to ensure that the bars don't crumble.
4. Bake for 20-25 minutes or until edges are golden brown. Do not overcook or bars will be dry.
5. Remove baking dish from oven, allow to cool and slice into 16 bars. Store bars in the refrigerator, individually wrapped in plastic wrap

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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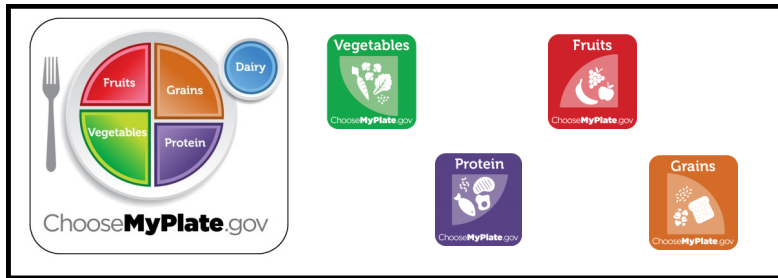
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Fast Facts



Featured Food Groups



Nutrition Facts

16 servings per container	
Serving size	1 bar
Amount Per Serving	
Calories	170
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 19g	7%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1.62mg	8%
Potassium 282mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cooking Tips



- Almond butter, peanut butter, sunbutter, etc., all work well in this recipe!
- Swap out the raisins for other dried fruits like raisins, apricots, etc.
- Try other nuts/seeds in place of the pepitas and sunflower seeds.

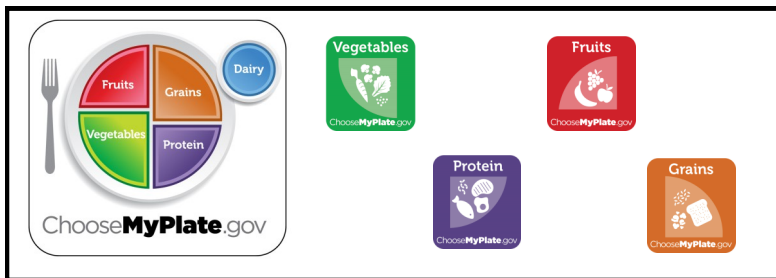
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