

Carrot cake breakfast bars

Recipe group	Additional name	Diet factors	Portions	Portion size
Breakfast, American	K12 PF deck	VG, GF, NF, SF	12	7.18 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	8 cup	1 lb 8 oz	0%	1 lb 8 oz	Quick oats, Rolled, dry	For carrot cake breakfast bars: In a large bowl, combine ingredients in step 1 and stir.
	4 cup	15.60 oz	19%	1 lb 3.19 oz	Carrots, peeled, shredded	
	2 cup	9.95 oz	0%	9.95 oz	Sunflower Seeds, roasted, unsalted	
	1 cup	3.39 oz	0%	3.39 oz	Coconut, flakes, unsweetened	
	4 tsp	0.32 oz	0%	0.32 oz	Cinnamon, ground	
	2 tsp	0.16 oz	0%	0.16 oz	Ginger, ground	
	~ 3/8 tsp	0.04 oz	0%	0.04 oz	Salt, Kosher	



Combine ingredients



Stir ingredients

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 cup	1 lb 2.06 oz	0%	1 lb 2.06 oz	Sunflower Butter, unsalted	In separate bowl, stir ingredients in step 2 until well combined.
	3/4 cup	8.28 oz	0%	8.28 oz	Syrup, Maple	
	4 tsp	0.61 oz	0%	0.61 oz	Extract, Vanilla	



*Add sunflower butter,
syrup and vanilla to bowl*



Combine ingredients

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	2/3 cup	5.80 oz	0%	5.80 oz	Orange, juice	Using a spatula, fold wet mixture into oat mixture and orange juice until evenly combined.



*Add sun butter mixture
to oat mixture*



Stir wet mixture

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4						Transfer mixture to parchment-lined 1/2 sheet pan and press down into even layer. Refrigerate for at least 2 hours to set (or up to overnight, covered).



Add combined mixture to pan



Flatten combined mixture in pan

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
5				For service: Remove from refrigerator, transfer to flat surface and slice into 12 bars and serve.



Cut into desired shape and serve

RECIPE IMAGES



Carrot cake breakfast bars

MEMO

Crediting: Each serving provides 2 ounces meat/meat alternate, 1 1/4 ounces grain equivalents and 1/3 cup red/orange vegetable.

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy		Salt	0.17 g		
Total fat	44.64 g	52.25 %	755.56 kcal 3,161.28 kJ	Salt	0.09 %	Vitamins	
Saturated	8.75 g	10.24 %		Sodium	70.61 mg	Vitamin A	308.13 µg
Monounsaturated	20.13 g	23.57 %		Phosphorus	867.43 mg	Vitamin D	0.00 µg
Polyunsaturated	13.41 g	15.69 %		Potassium	917.86 mg	Thiamine	0.53 mg
Trans fatty acids	0.01 g	0.01 %		Iron	5.64 mg	Riboflavin	0.48 mg
Cholesterol	0.00 mg			Calcium	118.75 mg	Niacin	5.55 mg
Linolenic acid	13.28 g	15.55 %		Zinc	6.00 mg	Vitamin B6	0.56 mg
Alpha-linolenic acid	22.25 mg	0.03 %		Chloride	0.00 mg	Vitamin B12	0.00 µg
Total Carbohydrate	75.17 g	40.42 %		Chromium	0.00 µg	Folate	0.00 µg
Sugars total	21.44 g			Fluoride	0.00 mg	Biotin	0.00 µg
Added sugar	0.00 g	0.00 %		Magnesium	275.24 mg	Choline	0.00 mg
Lactose	0.00 g			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Fiber	13.71 g	3.47 %		Iodine	0.00 µg	Vitamin C	4.99 mg
Organic acids	0.00 g	0.00 %		Selenium	63.62 µg	Vitamin E	16.16 mg
Sugar alcohol	0.00 g	0.00 %		Copper	1.51 mg	Vitamin K	5.78 µg
Starch	0.88 g	0.47 %					
Protein	22.50 g	12.10 %					
Alcohol	0.50 g	0.46 %					
						Others	
						Water	56.40 g

CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.