

Carrot cake breakfast bars

Recipe group Breakfast, American	Additional name K12 PF deck	Diet factors VG, GF, NF, SF	Portions 12	Portion size 7.18 oz
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	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	
	1/2 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).

4



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.

5



Cut into desired shape and serve

RECIPE IMAGES



Carrot cake breakfast bars

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	5 lb 6.20 oz	0.00 %	5 lb 6.20 oz	0.00 %	5 lb 6.20 oz
Size of portion	7.18 oz		7.18 oz		7.18 oz

MEMO

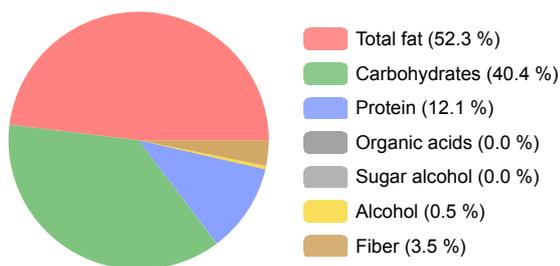
Crediting: Each serving provides 2 oz eq meat/meat alternate and 1/3 cup other vegetable.

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	RDI	Minerals			RDI		
		RDI	% of energy							
Total fat	44.64 g	57 %	52.25 %	755.56 kcal	38 %	Salt	0.17 g			
Saturated	8.75 g	44 %	10.24 %	3,161.28 kJ		Salt	0.09 %			Vitamins
Monounsaturated	20.13 g		23.57 %			Sodium	70.61 mg	3 %		Vitamin A
Polyunsaturated	13.41 g		15.69 %			Phosphorus	867.43 mg	69 %		Vitamin D
Trans fatty acids	0.01 g		0.01 %			Potassium	917.86 mg	20 %		Thiamine
Cholesterol	0.00 mg	0 %				Iron	5.64 mg	31 %		Riboflavin
Linolenic acid	13.28 g		15.55 %			Calcium	118.75 mg	9 %		Niacin
Alpha-linolenic acid	22.25 mg		0.03 %			Zinc	6.00 mg	55 %		Vitamin B6
Total Carbohydrate	75.17 g	27 %	40.42 %			Chloride	0.00 mg	0 %		Vitamin B12
Sugars total	21.44 g	43 %				Chromium	0.00 µg	0 %		Folate
Added sugar	0.00 g	0 %	0.00 %			Fluoride	0.00 mg			Biotin
Lactose	0.00 g					Magnesium	275.24 mg	66 %		Choline
Fiber	13.71 g	49 %	3.47 %			Molybdenum	0.00 µg	0 %		Pantothei Acid
Organic acids	0.00 g		0.00 %			Iodine	0.00 µg	0 %		Vitamin C
Sugar alcohol	0.00 g		0.00 %			Selenium	63.62 µg	116 %		Vitamin E
Starch	0.88 g		0.47 %			Copper	1.51 mg	168 %		Vitamin K
Protein	22.50 g	45 %	12.10 %							Others
Alcohol	0.50 g		0.46 %							Water
										56.40 g

PERCENTAGE OF ENERGY



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.