

# Carrot Cake Breakfast Bars

12 ingredients · 40 minutes · 10 servings



## 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!

## 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	Iron	1mg
Fat	17g	Vitamin D	12IU
Carbs	12g	Folate	17µg
Fiber	3g	Vitamin B12	0.1µg
Sugar	7g	Magnesium	64mg
Protein	7g	Zinc	1mg
Calcium	68mg	Selenium	5µg