

Carrot Cake Bars

Who doesn't love carrot cake? These bars give you the taste of carrot cake but without the blood sugar spike and the energy dip that follows. The walnuts and flaxseeds are a vegetarian source of anti-inflammatory omega three fats so can help reduce inflammation in the body.

Ingredients

- 100g coconut oil or butter
- 100g honey
- 75g raisins
- 350g oats
- 1 mashed banana
- 2 medium carrots grated (approx. 200g)
- 75g chopped walnuts
- 3 tbsp ground flax seeds
- 1 ½ tsp cinnamon
- 1 ½ tsp ground ginger
- 3 eggs



Method

- 1) In a large bowl add the coconut oil (melted) and add the honey. Mix together before adding the eggs, grated carrot and mashed banana. Thoroughly combine.
- 2) Add the flax seeds, walnuts, raisins, oats, cinnamon and ground ginger and combine until the dry ingredients are mixed in thoroughly with the wet.
- 3) Spread the mixture evenly into a 20 by 20 cm baking tray lined with baking parchment.
- 4) Bake in a fan oven at 160°C for approx. 15 - 20 minutes or until it is cooked through.
- 5) Allow to cool before cutting into bars.

Recipe Notes

Store in an air tight container for up to a week or in the freezer. Makes approx. 18 bars.