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Carrot Squares

Ingredients:

- vegetable oil spray
- ¼ cup butter
- ¼ cup light mayonnaise
- 2/3 cup brown sugar, unpacked
- 1 teaspoon vanilla
- 1 egg
- 2 egg whites
- ¼ cup 1% milk
- 2 cups flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 2 cups finely grated carrots, (2-3 carrots)

Makes 30 servings - 32% calories from fat

Instructions:

1. Preheat oven to 350 F. Prepare a 12x9x2” pan (or 2 - 8x8x2” pans) with vegetable oil spray.
2. Melt butter in saucepan, remove from heat.
3. Add mayonnaise, brown sugar and vanilla, mix until well blended. Beat in eggs and milk.
4. In a separate bowl sift together the flour, baking powder and salt; add the flour mixture and carrots to sauce pan. Stir until blended.
5. Pour batter in pan(s) and bake for 30 minutes. Cut squares while slightly warm.

Notes:

- Sprinkle batter with 2 Tablespoons chopped walnuts before baking.
- Combine ¼ cup confectionary sugar with 2 Tablespoons of milk. Drizzle over top of warm squares before cutting.
- Use mashed carrots in place of grated carrots.

Nutrition Facts	
Serving Size 1 piece	
Servings Per Container 30	
Amount Per Serving	
Calories 70	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 115mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 1g	
Vitamin A 25%	• Vitamin C 0%
Calcium 2%	• Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	



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