



## 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

### Instructions

1. Prepare a 13x9x2" pan (or 2  
- 8x8x2" pans) with  
vegetable oil spray.

2. Peel and grate carrots, set  
aside.

3. Melt butter in medium  
saucepan, remove from  
heat. Add mayonnaise,  
brown sugar and vanilla, mix  
until well blended. Beat in  
egg, egg whites, and  
milk. Set aside.

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 in 350° F oven 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%

\*Percent Daily Values are based on a 2,000 calorie  
diet. Your daily values may be higher or lower  
depending on your calorie needs:

	Calories:	2,000	2,500
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

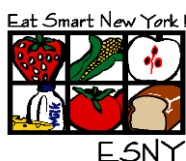
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

32% calories from fat

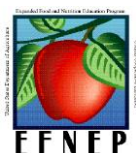
**Source:** Cornell Cooperative Extension Schoharie and Otsego Counties.

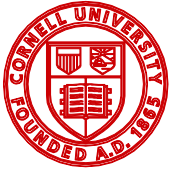
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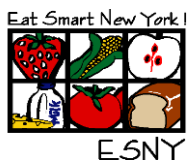
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