



Carrot Bread

- 1 ½ cups flour
- 1 teaspoon baking soda
- 1 ½ teaspoons cinnamon
- 2 eggs*
- ¾ cup sugar
- ½ cup oil
- 1 cup carrots, cooked and mashed

*To lower the fat, use 2 egg whites instead of 1 egg

1. Preheat oven to 350°F.
2. Combine flour, baking soda and cinnamon in a bowl.
3. Beat the eggs and mix in sugar, oil and carrots.
4. Mix the flour mixture in with the carrot mixture slowly.
5. Pour into a greased 9x5-inch loaf pan and bake for 55-60 minutes.

Nutrition Facts	
8 servings per recipe	
Serving size	(84g)
Amount Per Serving	
Calories	300
	% Daily Value*
Total Fat 15g	20%
Saturated Fat 2.5g	10%
Trans Fats 0g	
Cholesterol 45mg	15%
Sodium 180mg	8%
Total Carbohydrate 38g	15%
Dietary Fiber less than 1g	4%
Sugars 19g	
Includes 0g added sugars	0%
Protein 4g	
Vitamin D 2mcg	0%
Calcium 600mg	6%
Iron 10mg	8%
Potassium 630mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	