

# Legit Carrot & Zucchini Bars

**Yields:** 9 x 13" pan

## **Ingredients:**

1 1/2 cups White Whole Wheat Flour  
1 tsp. Baking Powder  
1/2 tsp. Ground Ginger  
1/4 tsp. Baking Soda  
2 Whole Eggs, slightly beaten  
1 1/2 cups Carrots, shredded (about 3 avg. whole carrots)  
1 cup Zucchini, shredded (about 1 avg. zucchini)  
6 Tbsp. Splenda Brown Sugar or  
3/4 cup Brown Sugar, packed  
1/3 cup Golden Raisins or  
1/3 cup Dried Apricot Halves, chopped  
1/2 cup Walnuts, chopped  
1/2 cup Ghee (Clarified Butter)  
1/4 cup Clover Honey  
1/2 tsp. Pure Vanilla Extract  
1/2 tsp. Coconut Extract

## **1 Frosting Recipe:**

8 oz. package Neufchatel Cream Cheese  
2/3 cup Powdered Sugar  
1 1/2 tsp. Lemon Zest (finely grated peel)

**Directions:** Pre heat oven to 350° F  
Use a 13" x 9" ungreased baking pan.

**Step 1:** Combine flour and following 3 ingredients (thru baking soda) in a large bowl using a whisk.

**Step 2:** In a medium bowl, combine eggs and next 9 ingredients (thru coconut extract). Stir to combine. Add to flour mixture and gently stir until just moistened and no flour is visible; don't overmix.

**Step 3:** Evenly spread batter into ungreased baking pan. Place into



pre heated oven and bake 25 min.

or until wooden toothpick inserted in the center comes out clean. Remove pan to a wire rack to totally cool before frosting.

**Step 4:** While cooling, make frosting by using a handheld mixer. Refrigerate until bars are totally cooled. Frost bars right in baking pan. Cover and refrigerate for up to 4 days.

*\*Remember that we do not suggest unit portions for our desserts.*

*We instead suggest you practice using your new skills*

