

## Too Good to Be True Carrot Bars

Yield: 24 servings

### Ingredients:

#### Bars—

1½ cups all-purpose flour  
2 teaspoons baking soda  
1 teaspoon cinnamon  
½ teaspoon ground cloves  
½ teaspoon nutmeg  
2 cups old-fashioned oats  
1 cup dark brown sugar  
2 cups raisins  
3 cups grated carrots  
2 beaten eggs  
1 cup applesauce  
1¼ cups orange juice

#### Frosting—

4 3-ounce packages  
Neufchatel cheese, softened  
3 tablespoons milk  
½ teaspoon salt  
½ teaspoon vanilla extract  
1½ teaspoons coconut  
extract  
1¾ cups powdered sugar,  
sifted

### Procedure:

For bars, stir together flour, soda, cinnamon, cloves, nutmeg, oats and brown sugar in medium mixing bowl and set aside. Mix together raisins, carrots, eggs, applesauce and orange juice. Combine the two mixtures, blend well and pour into 9 X 13-inch baking pan that's been sprayed with vegetable oil.

about 200  
calories and  
4.5 grams of  
fat per serving

Bake for 40 minutes at 350 F. Allow bars to cool completely before frosting. For frosting, mix cheese, milk, salt, and vanilla and coconut extracts until smooth. Add sugar and continue mixing until smooth again. Spread frosting on bars and chill until served.

**Each serving also contains 2.2 grams of fiber and more than 80 percent of the recommended daily vitamin A as beta carotene. The raisins add flavor, fiber and iron.**

NDSU Agriculture Communication



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