CARROT CAKE ENERGY BARS  
(Yields 60 energy bars)

1 ½ cup Grated peeled carrots
1 Apple, peeled, cored, and grated
½ cup Raisins soaked in *1 C. boiling water
½ cup Coconut flakes
1 med. Sweet potato or Yam roasted

**OR:** ½ cup pumpkin puree

3 cups Oats
1 ½ tsp. Cinnamon
1/8 tsp. Nutmeg
1/8 tsp. Ground cloves
1/8 tsp. Salt
2 Tbs. Brown. sugar (optional)

* 1 cup Water

1. Preheat oven to 375°
2. Line a small cookie sheet (10” x 13”) with parchment paper or grease heavily.
3. Peel cooked sweet potato (or yam) and mash. Combine with carrots, apples, and coconut.
4. Drain water thoroughly from raisins and reserve. Stir drained raisins into yam mixture.
5. Stir in oats, seasonings, and brown sugar.
6. Measure reserved raisin water and add enough to equal 1 cup.
7. Stir water into mixture until smooth. Batter will be thick.
8. Pat evenly into prepared pan and bake in hot oven for 35 minutes or until golden brown.
9. Cool in pan and cut into small bars.

Talking Points for Energy Bar

- What ingredient in the bar gives you energy? (Sugar)
- Where does the sugar come from? (Fruit – apple, dried fruit – raisin, vegetable – carrot, sweet potato)
- The best kind of sugar is natural sugar that comes from fruits and vegetables – that is also the best way to get energy
- What other ingredients are nutritious in the bar? (Oats, with fiber and vitamins)