

Low-Protein Carrot Bread

| Ingredients | Amount |
|--------------------|---------------------------------|
| Carrot, grated | 1 ½ c. (156 gm) |
| Granulated Sugar | ¾ c. |
| Brown Sugar | ¼ c. |
| Vegetable Oil | ¼ c. |
| Water | ¼ c. |
| Applesauce | 100 gm (½ c.=126 gm) |
| Vanilla Extract | 1 tsp. |
| CBF MixQuick | 3 cups (300 gm), loosely-filled |
| Salt | ½ tsp. |
| Cinnamon, ground | 2 tsp. |

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Grease and flour 1 large loaf pan, a 9 x 13-inch baking dish, or a small-medium bundt pan.
3. Combine the first 7 ingredients (carrot through vanilla) in a large mixing bowl.
4. In a separate bowl, combine the remaining 3 ingredients (MixQuick through cinnamon) and mix well with a wire whisk.
5. Add powdered mixture to the wet mixture, mixing until completely combined.
6. Pour into prepared pan and bake 30-45 minutes, watching carefully.
Note: The time will depend on the type of pan used and the oven.
7. The carrot bread is done when an inserted toothpick comes out clean. Cool 10 minutes in the pan.
8. Loosen sides of carrot bread with a knife and flip over on a wire rack to cool completely for at least 2 hours before cutting. Enjoy!

Yield: 12 slices

Serving size: 1 slice

Recipe by: Kristen Narlow, Metabolic Dietitian/Chef

Nutrition Facts

| | Per Recipe | Per serving |
|----------------|------------|--------------------------------|
| Calories: | 2528 | 211 |
| Total Protein: | 2.7 gm | 0.2 gm |
| Phe: | 58 mg | 5 mg ($\frac{1}{3}$ exchange) |
| Leu: | 84 mg | 7 mg ($\frac{1}{4}$ exchange) |