



ROGUE VALLEY FARM TO SCHOOL

Harvest of the Month

[WWW.RVFARM2SCHOOL.ORG/HARVEST](http://www.rvfarm2school.org/harvest)

CARROT OAT BARS

MAKES: 9 BARS

INGREDIENTS:

- 2 cups roasted carrots
- 1 egg
- 3/4 cup milk
- 1/4 cup maple syrup
- 2 cups rolled oats
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 2-3 Tbsp ground flaxseed
- 3/4 cup dried cranberries



DIRECTIONS:

1. Add all ingredients, except dried cranberries, to a blender or food processor in the order listed above.
2. Blend/process until smooth.
3. Stir in dried cranberries until just mixed throughout.
4. Spread into a 9×9 pan lined with parchment paper.
5. Bake at 375 degrees F for 25 minutes.
6. Store in the fridge!