



Montana Gluten Free Processors
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Carrot Cake Bars

Ingredients:

1 package (441g) Montana Gluten Free Pumpkin Pastry Mix
13 oz applesauce
¾ cup oil
3 eggs
3 cups finely shredded carrots
1 cup chopped pecans (or walnuts)

Directions:

- Preheat oven to 350° F. Grease a 9x13" pan.
- Combine the wet ingredients and mix well.
- Add 1 package (or 441g) Montana Gluten Free Pumpkin Pastry Mix, stir until combined.
- Add in shredded carrot and nuts, mix well.
- Pour into 9x13" pan.
- Bake at 350° F for 45-50 minutes (Can also use muffin tins and bake for 25 minutes).
- Turn bars onto cooling rack immediately to avoid sticking.
- Let cool completely before frosting (see recipe below).

Cream Cheese Frosting

Ingredients:

4 oz cream cheese
6 Tbsp butter
1/2 tsp vanilla
2 cups powdered sugar

Directions:

- Soften butter and cream cheese.
- Cream butter and cream cheese together until smooth.
- Add vanilla, then slowly add powdered sugar until at desired texture.
- Spread onto cooled bars or muffins.

Try reducing the applesauce and adding crushed pineapple, swap the pecans for walnuts, coconut- whatever your heart desires!