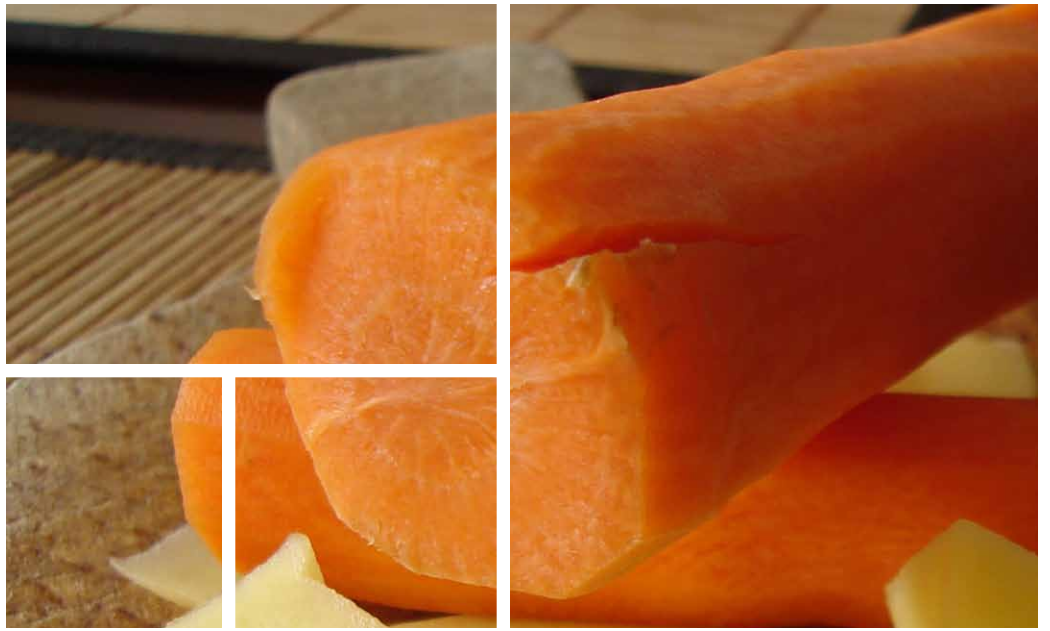


CHEF & CHILD FOUNDATION RECIPE COLLECTION

CARROT BREAD

ACF Central Arkansas Chapter

SERVINGS
PER RECIPE: 12



Ingredients:

- 2 cups shredded carrots
- 1 ½ cups sugar
- 1 cup vegetable oil
- 1 cup unsweetened applesauce
- 2 teaspoons vanilla extract
- 3 eggs
- 1 ½ cups all-purpose flour
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- ½ teaspoon salt

Directions:

1. Wash, trim, peel and grate enough carrots to yield 2 cups.
2. In a medium bowl, beat sugar, oil, applesauce, vanilla and eggs until well-blended.
3. Sift flour with baking soda, cinnamon and salt.
4. Blend into applesauce mixture.
5. Blend in carrots.
6. Turn into greased or sprayed 9"x5" pan.
7. Bake at 350 degrees for 45 minutes or until a toothpick inserted in center comes out clean.
8. Cool on rack before removing from pan and slicing.

Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 20g		31%	Total Carb 42g	14%	
Serving Size (112g)		Sat. Fat 3g	15%	Fiber 1g	4%
Servings Per Container		Trans Fat 0g		Sugars 28g	
Calories 350		Cholest. 55mg	18%	Protein 3g	
Fat Cal. 170		Sodium 230mg	10%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.					
Vitamin A 60% • Vitamin C 10% • Calcium 2% • Iron 6%					



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