



March 22- Oatmeal Carrot Raisin Bread

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1557127>

Recipe

Ingredients:

- 1 cup rolled oats
- 1 cup wheat flour
- ½ cup applesauce
- 1 cup shredded carrots
- ¼ cup raisins
- ¼ cup walnuts
- 1 teaspoon baking powder
- 1 cup fat-free yogurt
- 2 scoops protein powder
- 2 eggs
- 2 egg whites

Directions:

1. Preheat oven to 400°F. Grease bread pan.
2. Combine all ingredients in large bowl; stir until well mixed.
3. Bake for 20-25 minutes.

Yield 10 servings

Nutrition Facts

Serving Size 1 slice (97.97g)
Servings Per Container 10

Amount Per Serving

Calories 170 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 60mg **3%**

Total Carbohydrate 24g **8%**

Dietary Fiber 2g **9%**

Sugars 5g

Protein 11g **22%**

Vitamin A 40% • Vitamin C 0%

Calcium 8% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.