

Carrot Bread

1/4 cup vegetable oil
1/2 cup applesauce
1 cup sugar
1 1/2 cups sifted flour
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon cinnamon
1/2 teaspoon salt
2 eggs
1 cup grated raw carrots (about 3 medium)
1/2 cup chopped pecans

- Combine oil, applesauce, sugar, flour, baking soda, baking powder, cinnamon, salt and eggs in a large bowl. Gently stir in carrots and pecans.
- Pour into a greased and floured 9x5x3-inch loaf pan. Bake in a 350-degree oven for 50-60 minutes. • Remove from oven and let cool for 5 minutes before removing from the pan. Remove from pan and allow to cool on wire rack. Makes 15-20 slices.

Selection and Storage

Carrots

Pick carrots that are firm, well-shaped and have a bright orange color. Avoid soft or cracked carrots.

Remove green leaves and refrigerate. Use within 1–2 weeks.