



CARROT STARS

Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Protein	28.5 gm raw egg	1.9 (-1.9 gm fat)
Fat	13.3 gm canola oil	3.8 (-1.9 gm)
Carb	37.5 gm carrots, canned	2.3
Other	Savory: salt, pepper, onion & garlic powder <i>Or</i> Sweet: ½ tsp Da Vinci Gourmet® SF vanilla syrup	

DIRECTIONS

- Preheat the oven to 350°F.
- In a small bowl, combine the raw egg and canola oil.
- Warm the carrots in the microwave, then mash using a baby bullet or food processor.
- Pat the mashed carrots with a paper towel to dry excess moisture.
- Add the mashed carrots to the bowl with the egg mixture. Stir together.
- Season according to taste.
- Grease a star shaped silicone mold (or any mini shape) with nonstick cooking spray.
- Scoop mixture into the molds dividing evenly.
- Bake for 40-45 minutes.
- Allow to cool before removing. If crispier texture is desired, place carrot stars on parchment paper (out of the mold) and return to the oven for an additional 10-15 minutes or until crispy.

VARIATIONS

- Other vegetables can be used in this recipe such as mashed cauliflower, broccoli, canned pumpkin, etc. Always pat dry with paper towel after mashing to absorb excess moisture.
- Other oils can be used such as flax, avocado, olive, etc.
- Raw egg should not be substituted for Egg Beaters®; the mixture will not hold together.
- The gram amount of raw egg should be double the gram amount of oil (or more) for the recipe to hold together.
- For meal plans that contain a greater amount of protein, parmesan or Romano cheese can be added to prevent eggy-ness.