

Making it delicious

Carrot Stars



Ingredients

- 1 ½ cups grated carrots, packed
- ½ cup water
- ½ cup shredded cheddar cheese
- 2 eggs
- ¼ cup oat flour (blend oats in a blender or food processor until they become powdery like flour)



Recipe adapted from www.feedingfinn.com

Instructions

- Preheat oven to 350°F.
- Mix the carrots and water in a bowl; cover and microwave on high for 3 minutes, then drain.
- Use a clean towel to squeeze the carrots dry.
- Return the carrots to the bowl and mix with the remaining ingredients
- Line a baking tray with parchment paper or foil.
- Form star shapes of the mixture onto the sheet using a cookie cutter or your fingers, ½ inch thick.
- Bake for approx. 13 minutes (until crispy on the sides)