

Oatmeal Carrot Snack Cake

Ingredients

- 1 cup rolled oats (ground into flour)
- 1 cup whole wheat flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 tsp cinnamon
- ½ cup coconut sugar
- ¼ cup olive oil
- 2 eggs
- 1 cup grated carrots
- ½ cup unsweetened applesauce
- 1 tsp vanilla extract

Instructions

1. Preheat Oven: 350°F (175°C). Grease an 8x8-inch pan.
2. Make Oat Flour: Pulse rolled oats in a blender until fine.
3. Mix Dry Ingredients: Combine oat flour, whole wheat flour, baking powder, baking soda, salt, cinnamon, and sugar.

4. Mix Wet Ingredients: In another bowl, whisk oil, eggs, applesauce, vanilla, and carrots.
5. Combine: Fold wet into dry until smooth.
6. Bake: Pour into pan and bake 30–35 minutes.
7. Cool & Serve: Let cool before cutting into squares.

Why This Helps Blood Sugar

Oats contain beta-glucan fiber, which slows sugar absorption. Carrots add antioxidants and a mild sweetness without spiking glucose.