



## CARROT & ZUCCHINI BARS WITH CREAM CHEESE ICING

An easy recipe for Carrot-Zucchini bars; a great way to use up extra zucchini from the garden!

### Ingredients

#### For the Bars:

- 1½ cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon ground ginger
- ¼ teaspoon baking soda
- ¾ cup light brown sugar
- ½ cup vegetable oil
- ¼ cup honey
- 2 eggs
- 1 teaspoon vanilla extract
- 1½ cups shredded carrots
- 1 cup shredded zucchini
- ½ cup chopped walnuts

#### For the Cream Cheese Icing:

- 1 tub cream cheese, at room temperature
- 1 cup powdered sugar
- ½ teaspoon vanilla extract



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## CARROT & ZUCCHINI BARS WITH CREAM CHEESE ICING (CONTINUED)

### Directions

**Make the Bars:** Preheat oven to 200 degrees c.

In a medium bowl, whisk together the flour, baking powder, ginger and baking soda; set aside.

In a large bowl, whisk together the brown sugar, oil, honey, eggs and vanilla extract.

Add the flour mixture and stir with a rubber spatula until no flour remains.

Fold in the carrots, zucchini and walnuts.

Spread the batter into an ungreased 9x13-inch pan.

Bake until a toothpick inserted in the center comes out clean, about 25 minutes.

Place the pan on a wire rack and cool completely.

Using an electric mixer, beat the cream cheese, powdered sugar and vanilla extract on medium speed until smooth and creamy, about 3 minutes. Spread evenly over the cooled bars.

The bars can be kept in an airtight container at room temperature or in the refrigerator for up to 3 days.

### Notes:

The ginger flavor in these is fairly pronounced, so if you don't like ginger feel free to omit it or substitute cinnamon. You can also use walnuts in place of the pecans, or really any other nut that you like.



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## FRUITY COUSCOUS WITH SLICED CHICKEN

Couscous is a coarsely ground semolina pasta. It is a good low-fat source of complex carbohydrate. No cholesterol.

### To make couscous:

Put the couscous into a bowl and pour over boiling water or stock, enough just to cover the couscous (equal quantities of both).

Cover with clingfilm and leave for 5 minutes.

Stir in a dash of olive oil, lemon juice & salt & pepper to taste.

Mix with a fork.

50g dried apricots

50g raisins or sultanas

1 tin chickpeas, drained and rinsed

2 carrots, grated

Handful fresh parsley, chopped

Handful fresh mint

Salt and pepper

Add the above to the couscous and mix with a fork.  
Then gently fry the chicken with a little paprika and serve over the couscous.



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## INTERNATIONAL QUINOA SALAD

### To make quinoa

Bring 3 cups of water to the boil on the stove. Add 1 1.2 cups quinoa. Place the lid on and reduce heat. Cook until all the water is adsorbed which is about 12 – 15 minutes. Rinse and mix with a fork.

1 cucumber, peeled, seeded and diced

2 large tomatoes, seeded, chopped

cooked corn (kernels)

1 red pepper, seeded, diced

1 tin cooked chickpeas, rinsed and drained

½ cup spring ions, chopped

½ cup chopped parsley

½ cup chopped mint

1 rip avo, peeled, diced.

Combine all the ingredients and pour over the dressing

### Dressing:

¼ cup freshly squeezed lime juice (not lemons)

2 table spoon olive oil / or vegetable stock

½ teaspoon salt and ½ black pepper

1 clove garlic, crushed

(fresh chili optional)



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