

Springtime Carrot Cake Doughnut Holes + Cream-Cheesy Drizzle + Carrot Confetti + "Cheesecakey Shakeys"



springtime carrot cake doughnut holes

preheat + grate + zest

Preheat oven to 375 degrees F. Wash and zest **2-3 large carrots** using a box grater or a food processor. Zest **1 lemon**.

measure + combine + whisk

To a large mixing bowl, measure and combine **1 C all-purpose flour**, **½ tsp baking soda**, **½ tsp salt**, and **1½ tsp pumpkin pie spice/ground cinnamon**. Whisk together!

To a separate mixing bowl, measure and combine **½ C brown sugar**, **¼ C unsweetened apple sauce**, **¼ C melted butter or oil**, **¼ C canned crushed pineapple**, and **2 tsp vanilla extract**. Whisk together!

fold + oil + bake

Fold the dry ingredients into the wet ingredients. Add **1½ C grated carrots** and lemon zest and gently fold them into the batter. Then add 1 tsp **oil** to each cupcake well of your tin. Drop rounded tablespoons of batter into each well. Bake for 15-18 minutes, until doughnut holes are baked through.

::Recipe continued::

Family Fun Recipes

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drizzle + sprinkle

Drizzle cooled doughnut holes with **Cream-Cheesy Drizzle** (recipe below) and sprinkle with extra grated carrots (Carrot Confetti!)

cream-cheesy drizzle

measure + add + whip

Measure and add **4 oz cream cheese**, **¼ C powdered sugar**, **1 tsp lemon juice**, **¼ tsp vanilla extract**, a **pinch of salt**, and **¼ C whole milk** to a large mixing bowl. Using a hand mixer, whip until smooth, adding more milk by the tablespoon until the consistency is thin enough to pour! Drizzle over cooled doughnut holes and ENJOY!

To make a dairy-free version, whisk together ¼ C powdered sugar with 1-2 tsp of pineapple juice from the can.

cheesecakey shakeys

measure + add + blend

Measure and add **2 oz cream cheese**, **1 C whole milk**, the rest of the **crushed pineapple** from your 8-oz can, **1 T powdered sugar**, and **1 C ice** to a blender. Puree until shakes are thick and smooth, then divide into cups and enjoy!

To make a dairy-free version, substitute 1 frozen banana for the cream cheese and dairy-free milk for whole milk.

::continued::



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shopping list!

Springtime Carrot Cake Doughnut Holes

- 2-3 large orange carrots
- 1 ½ tsp pumpkin pie spice or ground cinnamon
- ¼ C butter or oil
- ½ C brown sugar
- 1 lemon
- ¼ C unsweetened applesauce
- 1 C all-purpose flour
- 1-8 oz can crushed pineapple
- ½ tsp baking soda
- 2 tsp vanilla extract
- ½ tsp salt

Cream-Cheesy Drizzle

- 4 oz cream cheese
- Pinch salt
- ¼ C powdered sugar
- ¼ - ½ C whole milk
- ¼ tsp vanilla extract

Cheesecakey Shakeys

- 2 oz cream cheese
- 1 C whole milk
- 1 T powdered sugar
- 1 C ice

::continued::



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Let's learn about Carrots!

Before carrots were orange, they were purple, red, white, and yellow. In the 16th century (AFTER the Middle Ages), Dutch carrot growers invented the orange carrot in honor of the House of Orange, the Dutch Royal Family (for Kings and Queens). They did this by cross breeding pale yellow carrots with red carrots.

Carrots were first grown as a medicine, not a food!

The carrots we eat today were domesticated from a wild carrot that was native to Europe and southwestern Asia.

The carrot is a member of the parsley family. This family includes celery, parsnip, fennel, dill and coriander.

You can eat every part of the carrot. Typically we eat the root part of the plant, but the stems and leaves are edible, too! A carrot's root can grow anywhere from 2 to 20 inches long before it's picked!

When you taste carrots, what is the flavor like? Modern carrots have been bred to be sweet, which is why they're often used in baked goods like carrot cake! Ancient carrots were bitter, not sweet.

The color of a fruit or vegetable tells us what nutrient it contains (nature is amazing!) Orange vegetables and fruits have special nutrients called beta carotene. Beta carotene was named for the carrot itself! This nutrient changes into a vitamin inside the body that is good for our eyes!

The crunchiness of carrots helps clean the plaque off your teeth and gums, just like a toothbrush does! Carrots have minerals that protect the teeth.

A Brief History of Carrot Cake!

Sources lead us to believe that carrot cake evolved from a medieval carrot pudding eating in Europe in the Middle Ages. There are tons of recipes for carrot pudding in historic cookbooks - this was THE dessert of banquets in Europe and many other places around the world. Bakes used carrots to sweeten recipes; sugar was very expensive back then.

The earliest recipe for carrot cake may have been in a French cookbook from 1827. However, food historians claim that George Washington was served a carrot tea cake at a tavern in New York City in 1783.

Time for a laugh!

What vegetable are all others afraid of? **A Scarrot!**

What did the carrot say to the rabbit? **Do you want to grab a bite?**

Did you hear about the carrot detective? **He got to the root of every case.**

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