

# The NMSD Monthly Morsel Nutrition Newsletter 12/13-12/19

## Carrot Pie

### Ingredients

1 prepared pie crust  
½ c white sugar  
2 c chopped carrots  
2 eggs  
1 tsp ground cinnamon  
1 tsp vanilla extract  
¾ c milk

### Preparation

Preheat the oven to 400 degrees F (200 degrees C). Press the pie crust into the bottom and up the sides of a 9-inch pie plate. Bake the pie shell for 3 to 5 minutes, just to firm it up, then remove from the oven, and set aside. Place carrots in a saucepan with enough water to cover. Bring to a boil, and cook until tender, about 10 minutes. Drain water, and mash carrots until smooth using a food processor, or potato ricer. In a medium bowl, mix together the carrot puree, sugar and eggs. Mix in the cinnamon and vanilla. Gradually stir in the milk. Pour the mixture into the partially baked pie shell. Bake for 10 minutes in the preheated oven, then reduce heat to 350 degrees F (175 degrees C). Bake for an additional 40 to 45 minutes at the lower temperature, or until firm. Cool completely before serving.

## Stuffed PBJ French Toast

### Ingredients

8 slices whole wheat bread  
¼ c peanut butter mixed with a ¼ c jelly of choice  
¼ cream cheese  
5 eggs  
1/8 c milk  
½ tsp cinnamon or more to taste  
1 tsp vanilla extract

### Preparation

Preheat griddle or skillet. Spray with non stick spray. On 4 slices of bread, spread a portion of the cream cheese. On the other 4 slices of bread, spread the peanut butter and jelly mixture. Make sandwiches with the sliced bread. In a shallow bowl whisk together the egg, vanilla and cinnamon. Carefully place sandwiches in the egg mixture until well coated, then transfer to heated skillet. Cook each side for about 3 minutes, until egg is fully cooked and golden brown. Top with cinnamon and powdered sugar. Cut in half for servings.

## Apple Butter Bars

### Ingredients

Bars:  
½ c butter or margarine  
1 ½ c flour  
½ c packed brown sugar  
¼ c white sugar  
1 egg  
¾ c apple butter  
½ tsp baking soda  
½ tsp apple pie spice  
1 c raisins

### Icing:

1 c confectioner's sugar  
¼ tsp vanilla extract  
2 tbsp milk

### Preparation

Preheat oven to 350. Grease a 13x9x2 inch baking pan. Beat butter or margarine until creamy. Add ½ of the flour, and all of the following: brown sugar, white sugar, egg, apple butter, baking soda and apple pie spice. Beat together until well blended. Add remainder of the flour and stir in raisins. Spread in prepared baking pan. Bake for 20-25 minutes or until toothpick in center comes out clean. Cool in pan on wire rack. Icing: Mix confectioner's sugar, ¼ tsp vanilla and 1-2 tbsp milk. Drizzle with icing and cut into bars.



## Gloriously Orange-y Vanilla Shake

### Ingredients

2 pc vanilla soy milk  
2 oranges, zested and juiced  
2 personal containers orange tangerine shelf stable juice  
1 ½ c ice

1/8 tsp vanilla extract

1 c vanilla yogurt

### Preparation

Blend. Enjoy.



**PRO TIP:** When baking, it's important to use **room temperature ingredients** (unless otherwise specified). If you forget to take your eggs out of the fridge in time, don't worry. Just place them in a bowl of warm water for a few minutes.

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