

DESSERT

Baby Food Cake Bars

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
60 min	30 min	30 min	15	\$0.25	222 kcal

Baby Food Cake Bars is a dairy free and lacto ovo vegetarian dessert. For 25 cents per serving, this recipe covers 5% of your daily requirements of vitamins and minerals. One portion of this dish contains approximately 3g of protein, 6g of fat, and a total of 222 calories. This recipe serves 15.

Ingredients

☐ 4½ ounce apricot baby food	☐ 2 teaspoons baking soda
☐ 4½ ounce carrot baby food	☐ 3 eggs
☐ 2 cups all-purpose flour	☐ 1 teaspoon ground cinnamon
☐ 1 teaspoon salt	☐ 1½ cups vegetable oil
☐ 2 cups white sugar	

EQUIPMENT Bowl, Frying pan, Oven, Toothpicks

Method

- 1 Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
- 2 Mix together the flour, baking soda, salt and cinnamon.
- 3 In a large bowl, combine eggs, sugar and oil. Beat until smooth. Beat in the flour mixture alternately with the baby food.
- 4 Pour batter into prepared pan.

- 5 Bake in the preheated oven for 20 to 25 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.
- 6 Cut into bars.

Nutrition per serving			
	222 KCAL	3 g PROTEIN	6 g FAT
			41 g CARBS
Saturated Fat			1 g · 6% of daily needs
Fibre			0.9 g · 4% of daily needs
Sugar			27.9 g · 31% of daily needs
Sodium			320 mg · 14% of daily needs
Cholesterol			32.7 mg · 11% of daily needs
Vitamin C			1.4 mg · 2% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/baby-food-cake-bars-147660