



WHATSheATE



Carrot Chia Pet Treats



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



91 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almond butter
- ☐ 2 tablespoons canola oil
- ☐ 2 carrots grated
- ☐ 0.3 cup chia seeds
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons maple syrup
- ☐ 0.7 cup water
- ☐ 0.5 cup wheat germ toasted

☐ 1 cup flour whole wheat

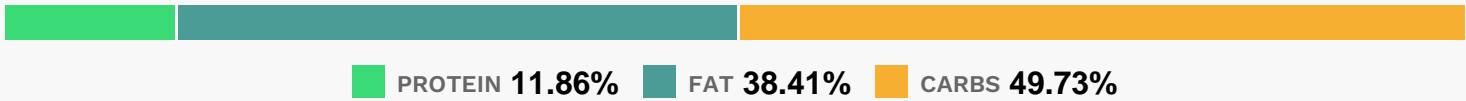
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ cookie cutter
- ☐ spatula

Directions

- ☐ Preheat the oven to 350F. Line a large shallow baking sheet with parchment paper.
- ☐ Combine the flours, wheat germ and chia seeds in a medium bowl.
- ☐ Whisk together the almond butter, water, oil and syrup in a separate bowl then stir in the carrots.
- ☐ Pour the wet ingredients into the dry and stir with a spoon or rubber spatula until a very rough dough forms. Knead the dough in the bowl 6–7 times until the dough is fairly stiff.
- ☐ Turn the dough out onto a lightly floured work surface and roll out to a 1/4-inch thickness. With a 3-inch dog bone shaped cookie cutter, cut out biscuits and transfer to the prepared baking sheet. Press all the scraps together, kneading once or twice, then roll out to 1/4-inch thickness and cut out more biscuits; repeat if necessary.
- ☐ Bake biscuits until lightly browned and fairly hard, about 35–40 minutes.
- ☐ Remove from the oven and cool completely; biscuits will harden as they cool. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:6.6, Glycemic Load:3.45, Inflammation Score:-6, Nutrition Score:6.4243478269681%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 91.41kcal (4.57%), Fat: 4.06g (6.24%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 11.82g (3.94%), Net Carbohydrates: 9.72g (3.54%), Sugar: 1.43g (1.59%), Cholesterol: 0mg (0%), Sodium: 5mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Manganese: 0.73mg (36.27%), Vitamin A: 850.66IU (17.01%), Selenium: 7.82µg (11.17%), Vitamin B1: 0.13mg (8.53%), Fiber: 2.1g (8.4%), Phosphorus: 78.3mg (7.83%), Magnesium: 30.37mg (7.59%), Vitamin E: 1.13mg (7.51%), Vitamin B2: 0.11mg (6.22%), Folate: 22.14µg (5.53%), Vitamin B3: 1.04mg (5.18%), Copper: 0.1mg (4.96%), Iron: 0.85mg (4.7%), Zinc: 0.68mg (4.54%), Vitamin B6: 0.06mg (3.22%), Calcium: 30.33mg (3.03%), Potassium: 98.29mg (2.81%), Vitamin K: 1.61µg (1.54%), Vitamin B5: 0.13mg (1.32%)