

# Pumpkin Carrot Bites

## RECIPE

### Ingredients

3/4 cup canned pumpkin  
(ONLY ingredient should be pumpkin)

1 egg, slightly beaten

1/4 cup shredded carrots

1 cup whole wheat flour



3. Roll the batter into small balls and place on a baking sheet.

4. Bake for 30 - 35 minutes.

1. Preheat oven to 350 degrees.

2. Stir pumpkin, egg, carrots and flour in a large bowl until moistened.

