

CARROT STARS

INGREDIENTS:

- 200 g grated carrots (around 1 1/2 packed cups)
- 1/2 cup water
- 70 g grated cheddar cheese (1/2 cup)
- 2 eggs
- 4 tbsp oat flour



INSTRUCTIONS:

1. Pre heat oven to 180C / 350F / Gas 400
2. Mixed the carrot and water in a bowl, cover and microwave on high for 3 mins
3. Drain the carrots and then place them on a clean cloth / absorbent paper and squeeze out the liquid. (You need to get the carrots quite dry)
4. Place the carrots back in the bowl and mix with the remaining ingredients
5. Prepare a baking tray with baking paper or use a silicon baking sheet
6. Form star shapes of the mixture onto the sheet using a cookie cutter. (Mine were around 1/2 cm thick)
7. Bake for approx. 13 mins (until crispy on the sides)

Enjoy!