

## Carrot Bars with Maple Frosting: A Taste of Cozy Sweetness

Here's what you'll need to create these wonderfully moist Carrot Bars with Maple Frosting:



**TIME**  
**25-30 min**

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**ChefManiac**

### INGREDIENTS

to create these wonderfully moist Carrot Bars with Maple Frosting:

### DIRECTIONS

1. Steps for the : Recipe
2. Preheat : Oven and Prepare Pan:
3. Preheat your oven to 350°F (175°C).
4. Lightly grease an 8x8-inch baking dish. Then, line it with parchment paper, leaving an overhang on two sides to create "handles" for easy removal of the baked bars. This also helps prevent sticking.
5. Mix : Wet Ingredients for Bars:
6. In a large mixing bowl, combine the 1 cup finely grated carrots, 1/2 cup melted (and slightly cooled) unsalted butter, 1 cup packed brown sugar, 1 large egg, and 1 teaspoon vanilla extract.
7. Whisk or stir with a spatula until all ingredients are well combined and the mixture is uniform.
8. Prepare : Dry Ingredients for Bars:
9. In a separate, smaller bowl, whisk together the 1 1/2 cups all-purpose flour, 1 teaspoon baking powder, 1/2 teaspoon ground cinnamon, 1/4 teaspoon ground nutmeg, and 1/4 teaspoon salt. Whisk well to ensure the leavening and spices are evenly distributed.
10. Combine : Wet and Dry Ingredients:
11. Gradually add the whisked dry ingredients to the wet carrot mixture.
12. Stir with a spatula or wooden spoon until just combined.
13. Do not overmix
14. ; mix only until no streaks of dry flour are visible. Overmixing can result in tougher bars.
15. Bake the : Carrot Bars:

16. Spread the batter evenly into the prepared 8x8-inch baking dish. Use a spatula to smooth the top.
17. Bake for 25-30 minutes, or until a wooden toothpick inserted into the center of the bars comes out clean.
18. Once baked, remove the dish from the oven and place it on a wire rack. Allow the bars to cool completely in the pan before frosting. This is crucial for the frosting to set properly and not melt.
19. Prepare the : Maple Frosting:
20. While the bars are cooling, prepare the frosting. In a medium mixing bowl, beat together the 1/4 cup softened unsalted butter and 1/4 cup softened cream cheese until the mixture is very creamy and smooth, with no lumps (using an electric mixer is recommended).
21. Gradually add the 1/2 cup powdered sugar, beating until smooth.
22. Stir in the 2 tablespoons pure maple syrup and 1/2 teaspoon vanilla extract. Beat until the frosting is light, fluffy, and smooth. If it seems too thick, you can add a tiny splash (1/2 teaspoon) of milk.
23. Frost, : Garnish, and Serve:
24. Once the carrot bars are fully cooled (this is very important!), use an offset spatula or the back of a spoon to spread the maple frosting evenly over the top of the bars.
25. If desired, garnish with a light pinch of ground cinnamon, a few delicate carrot shavings (made with a vegetable peeler), or a sprinkle of finely chopped toasted pecans.

## SWAPS & NOTES

Carrots: Finely grated carrots are essential for even distribution and moisture.

Do not use pre-shredded carrots from a bag, as they are often thicker and drier.

Lightly pack the grated carrots into the measuring cup.

Brown Sugar: Light brown sugar is recommended for the bars.

## TIPS FOR SUCCESS

Finely Grate Carrots: This ensures the carrots blend seamlessly into the batter and contribute maximum moisture without noticeable chunks.

Room Temperature Ingredients (Frosting): Ensure butter and cream cheese for the frosting are thoroughly softened to avoid lumps and achieve a smooth consistency.

Don't Overmix Batter: As with most baked goods, overmixing develops gluten, which can lead to a tough, dry product.

Mix only until the dry ingredients are just incorporated.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/carrot-bars-with-maple-frosting-a-taste-of-cozy-sweetness/>