

## Low-Sugar Cottage Cheese Carrot Cake Bars - A Naturally Sweetened Treat

Cottage Cheese Carrot Cake Bars



**OVEN**  
**350°F**

**TIME**  
**30 min**

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### INGREDIENTS

1 cup cottage cheese (I recommend full fat for the creamiest texture)  
2 large eggs  
¾ cup almond flour (or oat flour for a heartier, nut-free texture)  
1-2 tbsp maple syrup or honey (optional, depending on your sweetness preference)  
1 tsp vanilla extract  
1 tsp cinnamon  
¼ tsp nutmeg (optional, but adds great depth)  
¼ tsp baking powder  
Pinch of salt  
1 cup grated carrots (freshly grated is best for moisture)  
... cup chopped walnuts or pecans (optional, for a satisfying crunch)

### DIRECTIONS

- 1.** Prep and : Preheat: Preheat your oven to 350°F (175°C) and line an 8x8-inch baking pan with parchment paper or grease it well with coconut oil.
- 2.** Blend the : Base: In a blender or food processor, combine the cottage cheese, eggs, maple syrup, and vanilla extract. Blend until the mixture is completely smooth. This is the secret to removing the "curd" texture.
- 3.** Mix : Dry Ingredients: In a medium bowl, whisk together the almond flour, cinnamon, nutmeg, baking powder, and salt.
- 4.** Combine: Pour the wet cottage cheese mixture into the dry ingredients and stir until just combined.
- 5.** Fold in : Carrots: Gently fold in the grated carrots and the chopped walnuts (if using).
- 6.** Bake: Pour the batter into your prepared pan and smooth the top with a spatula. Bake for 25-30 minutes, or until the center is set and a toothpick comes out clean.
- 7.** Cool: Allow the bars to cool completely in the pan before slicing. This is crucial for the texture to set!

### SWAPS & NOTES

**Flour Alternatives:** If you don't have almond flour, oat flour works beautifully.

If you're looking for something more like a cookie, you might enjoy these 3-ingredient chocolate chip oatmeal breakfast cookies which use oats as a base.

**Sweeteners:** You can swap the maple syrup for stevia or monk fruit if you want to keep the sugar content even lower.

**Add-ins:** Feel free to stir in a tablespoon of raisins or shredded coconut for extra texture and flavor.

## TIPS FOR SUCCESS

**Squeeze the Carrots:** If your grated carrots are very watery, give them a light squeeze with a paper towel before adding them to the batter to prevent the bars from becoming soggy.

**Use a Blender:** Don't skip blending the cottage cheese!

The goal is a smooth, custard-like consistency, not a lumpy cake.

**Don't Overbake:** Since these are protein-based, overbaking can lead to a rubbery texture.

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

Original recipe: <https://chefmaniac.com/low-sugar-cottage-cheese-carrot-cake-bars-a-naturally-sweetened-treat/>