

Pineapple Carrot Bars

$\frac{1}{2}$ cup	packed brown sugar
2 tablespoons	vegetable oil
1 teaspoon	vanilla
1	egg
1 cup	whole wheat flour
1 tablespoon	cinnamon
1 teaspoon	baking powder
1 teaspoon	baking soda
1 cup	finely grated carrots
$\frac{2}{3}$ cup	drained crushed unsweetened pineapple
$\frac{1}{2}$ cup	raisins
$\frac{1}{4}$ cup	milk

1. Preheat oven to 350 F.
2. In large bowl, combine sugar, oil, vanilla and egg. Stir well and set aside.
3. In separate bowl, combine flour, cinnamon, baking powder and baking soda
4. Add to sugar mixture, stirring well.
5. Stir in carrots, pineapple, raisins and milk.
6. Pat mixture into 13 x 9 inch (3.5 L) baking pan lightly greased.
7. Bake in 350 F. oven for 25 minutes or until top is golden.
8. Let cool before cutting into bars.
9. Store in refrigerator, loosely covered.