

# TABLETALK

OCTOBER, 2017 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000

From the desk of Carol Kloper:

As PY 2017 comes to a close, I would like to say that it was very nice doing classes in both the Dallas/Fort Worth and Houston areas. It was nice to put faces to names with all the homes and centers I've never met. It was nice to reconnect with caregivers I haven't seen in a long time. I want everyone to know I have an open communication with you. If you want or need to talk with me, please ask my staff to transfer you to Carol.

This is the year Child Food Program of Texas' administrative review. TDA may visit your daycare at any given time. Make sure all of your paperwork/computer work up-to-date, welcome them into your facility, and then call us after they leave. 😊

Starting a new year, PY2018 will have some challenges. With all the new USDA and TDA regulations, as a team, you and Child Food Program of Texas will conquer them together. TDA is giving us time to learn without deductions for any of the new changes. Let's start the new year with good spirits, and boldly go where no daycare has ever been before regarding the CACFP.

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## Chef Bob's Cookbook

### Carrot Cake Breakfast Cookies



**Carrot Cake  
Breakfast Cookies**  
TOTAL: about 1 hour  
YIELDS: 2 dozen cookies

#### Main Ingredients

- 1 cup oats
- ¾ cup whole wheat flour
- 1½ teaspoons baking powder
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- 1 egg
- 1 teaspoon vanilla
- ½ cup maple syrup
- ¼ cup brown sugar
- 2 tablespoons butter, melted
- ¾ cup finely grated carrots (2 medium)
- ½ cup raisins (optional)

#### Directions

1. Preheat oven to 350 degrees. Line 2 baking sheets with parchment paper.
2. In medium bowl, stir together oats, flour, baking powder, cinnamon and salt.
3. In a large bowl, whisk together egg, vanilla, maple syrup, brown sugar and melted butter.
4. Add dry ingredients to the wet ones and stir to combine.
5. Add carrots and raisins, if using, and stir until just combined. Chill dough for ½ hour.
6. Drop tablespoon-size balls of dough onto the baking sheets, leaving an inch or 2 between each.
7. Bake for 13 to 15 minutes, until cookies are brown at the edges and just set on top. Let cool for a few minutes before transferring to a rack to cool completely. Will keep in an airtight container for up to 5 days or freeze for up to a month.