

CARROT CAKE

See notes below the recipe for a variety of healthier options for flour, sugar, oil & margarine

INGREDIENTS

- 1 1/2 C Healthy oil
- 2 C Sugar
- 1 C Egg Substitute OR 4 Eggs
- 2 C Flour
- 2 t Baking Soda
- 2 t Cinnamon
- 1 t Morton's No-Salt **OR** Salt
- 3 C Carrots (use 4 thick) (grated)
- 1 C Walnuts (chopped)
- Non-stick cooking spray

BAKING INSTRUCTIONS

- 1 Preheat oven to 350
- 2 You can make this cake in a tube cake pan, a pyrex rectangular dish or as cupcakes
- 3 For the cake pan & pyrex dish you will need to spray them with the cooking spray
For the cupcakes use the paper liners
- 4 Combine oil, sugar & eggs & beat well
- 5 Sift together flour, aking soda, salt & cinnamon
- 6 Fold grated carrots into mix & add nuts.
- 7 Pour mix into pan, dish or cupcake pan
- 8 If toothpick is clean when stuck in the middle, then the cake or cupcakes are done
- 9 Estimated times are: 20 - 30 minutes in cupcake pan, 30 - 40 minutes in pyrex dish
& 1 hour in tube cake pan

FLOUR SUBSTITUTES

Coconut flour
Tapioca flour
Quinoa flour
Almond flour
Potato starch
Whole Wheat Pastry flour

SUGAR SUBSTITUTES

Splenda Sugar Blend for Baking
Maltitol
Agave
Honey
Low Cal Maple Syrup

OIL & MARGARINE SUBSTITUTES

Applesauce
Banana Puree
Prune Puree
Mango Puree
Pumpkin Puree
WonderSlim