

Carrot Cake

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Ingredients:

2 1/2 C + 2TB whole wheat pastry flour.
1 1/2 tsp baking soda.
1 1/2 tsp cream of tartar.
1 1/2 tsp cinnamon.
1/4 tsp ground nutmeg.
1 1/2 C honey.
1/3 C frozen pineapple juice concentrate, defrosted.
2 tsp vanilla
2 egg whites, unbeaten.
1 1/2 C grated, peeled carrots.
2 4 oz. jars carrot baby food puree.
1 C raisins.
2 egg whites, lightly beaten.

Preparation:

Preheat oven to 325F.

In a large mixing bowl, combine flour, baking soda, cream of tartar, cinnamon and nutmeg.

Set aside.

In medium bowl, mix honey, juice concentrate, vanilla, unbeaten egg white mixture and carrots.

Stir into flour mixture and mix until just blended.

Stir in raisins.

Gently fold in lightly beaten egg white mixture.

Spoon batter into two 9" round nonstick baking pans.

Bake at 325 degrees for 40-45 mins or until toothpick comes out clean.

Cool on wire racks for 20-30 mins and remove from pans.