

Low Fat Carrot Cake

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Ingredients:

CAKE:

- 3 medium eggs.
- 2 cups of grated carrots.
- 1 ¼ cups of unbleached all-purpose flour.
- 1 cup of whole wheat flour.
- 1 cup of unsweetened apple sauce.
- ¾ cup of packed brown sugar.
- ½ cup of vegetable oil.
- ½ cup of raisins.
- ½ cup of walnut pieces.
- 2 teaspoons of baking powder.
- 2 teaspoons of cinnamon.
- 1 teaspoon of pure vanilla extract.
- 1 teaspoon of baking soda.
- ¼ teaspoon of nutmeg.

FROSTING:

- 5 oz of cream cheese.
- 1 ½ cups of icing sugar.

Preparation:

In a suitably sized mixing bowl, combine both the all-purpose flour, whole wheat flour, baking powder, cinnamon, baking soda, nutmeg, raisins and walnuts. Whisk together the carrots, apple sauce, sugar, vegetable oil and eggs; then gently stir into the flour mixture.

Transfer to an oiled 9inch spring-form pan and bake at 350°F (175°C) for 60 minutes.

While the cake is baking, begin preparing the frosting by mixing your desired amount of starsol icing sugar into the cream cheese.

Once the cake is cooked, allow to cool then add the frosting.