

Applesauce-Carrot Spice Cake

Dessert of the Month February - 2015



Carrots to you! Orange veggies provide a super source of vitamin A that helps with vision especially at night.

Prep Time: 25 Min

Start to Finish: 2 Hr. 25 Mins.

Makes: 32 servings

INGREDIENTS

Cake

- 1 cup old-fashioned or quick-cooking oats
- 1 1/4 cups unsweetened applesauce
- 1 cup packed brown sugar
- 2 cups shredded carrots (about 4 medium)
- 1/2 cup fat-free egg product or 2 eggs
- 1/3 cup canola oil
- 1 1/2 cups whole wheat flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 tablespoon pumpkin pie spice
- 1/2 cup golden raisins

Frosting

- 4 oz. (from 8-oz package) reduced-fat cream cheese, room temperature
- 1/4 cup powdered sugar
- 3 tablespoons milk
- 1 teaspoon vanilla

DIRECTIONS

1. Heat oven to 350°F. Spray 12-cup fluted tube cake pan with cooking spray.
2. In large bowl, mix oats, applesauce, brown sugar, carrots, egg product and oil with spoon until well mixed. Stir in remaining cake ingredients just until moistened. Pour into pan.
3. Bake 50 to 55 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes. Remove from pan to wire rack. Cool completely, about 1 hour.
4. In small bowl, beat cream cheese and powdered sugar with electric mixer on medium speed until smooth. Beat in milk and vanilla until well mixed. Place cake on serving plate. Spoon frosting over cake.

Recipe Provides: Fats & Oils 1tsp

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Total Fat:	3 ½ g	Saturated Fat:	1 g
Calories:	110	Calories from Fat:	30	Carbohydrates:	17 g
Cholesterol:	0 mg	Dietary Fiber:	1 g	Sodium:	135 mg
Sugars:	10 g	Protein:	2 g		

Recipe adapted from www.eatbetterearly.com