



Recipe of the Month

Applesauce-Carrot Spice Cake for November 2011

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)
- 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, softened
- 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, eggs 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. **32 servings**

Nutritional Information per Serving:

Calories 110 (Calories from fat 30); Total Fat 3½ g (Saturated fat 1 g); Cholesterol 0 mg; Sodium 135 mg; Total Carbohydrate 17 g; Dietary Fiber 1 g; Protein 2 g

