

(Healthy-ish) Carrot Cake

By: KP & (taste tested by)

TL

Cake: 2 tsp Cinnamon
1/2 tsp Nutmeg Option:
1/4 tsp ground cloves
1/2 tsp ground ginger
1.5 tsp baking powder
1/2 tsp baking soda
3/4 tsp salt
1 cup Wheat flour
1 cup white flour
1/2 cup canola oil
3/4 cup unsweetened apple
sauce
1/2 cup brown sugar
1/2 cup white sugar
4 eggs
1 bag of shredded carrot (~ 2-3
cups)
1/2 cup chopped pecans

Frosting:

1 package of low fat cream cheese
1 tsp of vanilla
1/3 cup-1/2 of powdered sugar (to your
taste)
1/2 cup Greek yogurt (Fage)

Direction

Preheat oven 350 F. Mix eggs, sugar, apple sauce and oil in large bowl. Mix dry ingredients in small bowl. Add dry ingredients to the large bowl. Mix together. Fold in carrots and pecans. *Tip*: mix in food processor for a more homogeneous batter.

Oil two – 9 inch round pans: coat the dishes with ~1 TBL of canola oil; remove excess with a paper towel. Pour half of cake mix into each pan.

Bake at 350F for 25-30 minutes. Test with tooth pick for completeness. Let cool

completely

Frosting: Combine cream cheese, vanilla and powdered sugar. Beat until combined. Add in greek yogurt (more for tanginess). Beat until smooth. Frost cool cake. Top with pecan or cinnamon dust.