Published on *Wai Lana Yoga* (http://www.wailana.com)

Carrot Cake

Summary

Yield	Servings
Source	wailana
Prep time	
Cooking time	30 minutes
Total time	30 minutes

Description

Carrot Cake from Wai Lana

Image not found
http://www.the-bikeman.com/sites/default/files/recipe/carrot-cake_library.jpg
Carrot Cake - Wai Lana Recipe

Ingredients

1 c
Safflower oil
1 c
Brown sugar, packed
1 c
Raw sugar or granulated fructose
1 1?2 c
Water
4 c
Unbleached white flour
2 tspn
Baking powder
2 tspn
Baking soda
1 tspn
Salt
1?2 Tbsp
Cinnamon
1 tspn
Allspice
2 c
Carrots, grated
1 c
Walnuts or pecans, chopped

1 c
dried cranberries
2 c
Low-fat cream cheese, room temperature
1 1?2 c
Confectioners sugar
2 Tbsp
Fresh orange juice

Chopped walnuts for garnishing

Instructions

1. Preheat the oven to 350°F. In a large bowl combine the oil and sugars. Whisk in the water. In a medium bowl sift together the flour, baking powder and soda, salt, and spices.

2. Add the dry ingredients to the sugar/oil mixture and mix well. Add the carrots, nuts, and cranberries and mix well. Pour the batter into 2 lightly oiled and floured loaf pans. Bake for 35-45 minutes, or until a toothpick comes out clean. Cool before frosting.

3. With an electric mixer on medium speed, beat the cream cheese and sugar until smooth. Add the orange juice and mix briefly, then switch to high speed for 2-3 minutes. Spread the frosting evenly on the cake. Garnish with chopped walnuts if desired. This cake is best served at room temperature; refrigeration tends to dry it out.

Notes

Nutritional Information Per Serving:
Calories: 473, Fat 22.4g (201 cal), Carbohydrate 62.2g (249 cal), Protein 5.8g (23 cal)
Added information: Saturated Fat 4.7g, Cholesterol 18mg, Sodium 421mg, Dietary Fiber 1.9g

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