

“Guiltless” Carrot Cake

(Makes 16 servings)

Ready to get back to baking this fall? Try our lighter carrot cake, which the entire family will love. It has just the right texture, like a slightly sweetened lighter corn bread. We like it just as it comes from the oven; however, you may want to add a dollop of frozen whipped topping or nonfat ice cream.

Ingredients:

- No-stick baking spray with flour
- 1 cup unbleached all-purpose flour
- ½ cup whole wheat flour
- ½ cup granulated sugar substitute
- ¼ cup packed light brown sugar
- ¼ cup nonfat dry milk
- 1 ¼ teaspoons baking soda
- 1 ½ teaspoons baking powder
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- ½ teaspoon ground nutmeg
- ½ teaspoon ground allspice
- ¼ cup canola oil
- 1 large egg
- ¾ cup egg substitute
- 1 ½ cups finely grated carrots
- 2 tablespoons finely chopped walnuts
- 2 tablespoons golden raisins
- One 6-ounce can unsweetened crushed pineapple, drained
- 2 tablespoons confectioners' sugar, optional

Directions:

- 1) Preheat the oven to 350°F. Coat a 10-inch springform pan with baking spray.
- 2) Sift the white and whole wheat flours into a large bowl. Add the sugar substitute, brown sugar, dry milk, baking soda, baking powder and spices. Stir to mix well. Using the medium setting of an electric mixer, beat in the oil, egg and egg substitute until the batter is smooth. Fold in the carrots, walnuts, raisins and pineapple.
- 3) Spread the batter into the prepared pan and bake for 30 minutes, until a toothpick inserted in the center of the cake comes out clean. Cool in the pan. Remove the outer ring of the pan and sift confectioners' sugar over the top, if desired. Serve at room temperature.

Nutritional Analysis: (per serving)

- Calories: 120 (33% calories from fat)
- Fat: 4.5 g
- Saturated Fat: 0 g
- Protein: 3 g
- Carbohydrates: 17 g
- Dietary Fiber: 1 g
- Cholesterol: 15 mg
- Sodium: 180 mg
- Potassium: 125 mg

Dietitian's Note:

Never has carrot cake tasted so good, and been so guiltless!

When compared to traditional carrot cake with icing, you save 180 calories, 12 grams of fat, and 4 grams of saturated fat!