



Carrot Cake

- *allrecipes.com*

Ingredients:

- 6 egg whites
- 1 1/3 cups white sugar
- 1 cup applesauce
- 1/2 cup skim milk
- 1 1/2 teaspoons vanilla extract
- 1/4 teaspoon ground cloves
- 1/2 teaspoon ground nutmeg
- 1 tablespoon ground cinnamon
- 2 teaspoons baking soda
- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 1 (8 oz) can crushed pineapple with juice
- 2 cups shredded carrots
- 1/2 cup chopped walnuts
- 1/2 cup raisins

Prep Time: 20 minutes

Cooking Time: 40 minutes

Servings: 8

Directions:

1

Preheat oven to 350 degrees F. Lightly grease a 9X13 inch pan with non-fat cooking spray.

2

In large mixing bowl, beat egg whites. Slowly beat in sugar, then applesauce, skim milk, and vanilla. Stir in cloves, nutmeg, cinnamon, baking soda, and flour. Stir in, one ingredient at a time, pineapple (with juice), carrots, walnuts, and raisins. Pour into the prepared pan.

3

Bake for 35 - 40 minutes in the preheated oven. It is done when toothpick inserted in center comes out clean.



*A low-fat version
through use of applesauce.*