

## Carrot Cake

### Ingredients:

non stick cooking spray  
 1 1/4 cups raisins  
 1/2 cup water  
 8 packets aspartame sweetener,  
 like Equal  
 3 cups carrots, grated  
 2 eggs, whites only  
 1 1/4 cups applesauce, unsweetened  
 1/4 cup canola oil  
 1 teaspoon vanilla extract  
 1 1/2 teaspoons cinnamon  
 1/2 teaspoon allspice  
 1 teaspoon baking soda  
 1 tablespoon baking powder  
 1 1/2 cups all-purpose flour  
 1/2 cup whole wheat flour

### Equipment:

Small saucepan  
 Grater  
 Medium mixing bowl  
 Large mixing bowl

Number of Servings: 16  
 Preparation Time: 30 minutes  
 Total time: 1 hour and 30 min

### Directions

1. Preheat oven to 350°F. Coat 9" x 13" baking pan with nonstick spray.
2. Combine raisins, water, and 2 packets of sweetener in small saucepan. Simmer over medium heat until water is absorbed. Stir occasionally. (Or place raisins, water, and sweeteners in heatproof bowl and microwave on High for 2 minutes.) Remove from heat and let cool.
3. Use a grater to shred carrots until there are three cups. Add to medium bowl.
4. Crack eggs into a bowl. Check for shells and freshness. Add oil, applesauce, and vanilla extract. Mix well and set aside.
5. In larger bowl, combine cinnamon, allspice, 4 packets of sweetener, baking soda, baking powder, all-purpose flour, and whole wheat flour. Stir to combine. Add carrot and raisin mixture to dry ingredients in large bowl.
6. Mix just until moistened. Do not over mix. A few lumps are OK. Pour batter into the coated pan. Bake in preheated 350°F oven for 40 minutes or until the cake is light brown. Serve warm or cooled. Cut into 16 or more servings.

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### Nutrition Facts

Serving Size: 1 bar	
Servings: 16	
Amount Per Serving	
<b>Calories 144</b>	Calories from Fat 36
%Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat trace	1%
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 188mg</b>	<b>8%</b>
<b>Total Carbohydrate 26g</b>	<b>9%</b>
Dietary Fiber 2g	9%
<b>Protein 3g</b>	<b>6%</b>
Vitamin A 136%	Vitamin C 5%
Iron 7%	Calcium 7%

\*Percent Daily Values are based on a 2,000 calorie diet.

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