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(<http://nutritionstudies.org/recipes/dessert/>) » Carrot Cake

Prep: 15 min **Cook:** 25 min **Serving:** 8 servings

INGREDIENTS

- }] **3 Tbsp** flax meal
- }] **9 Tbsp** (just over ½ cup) hot water
- }] **1 cup** Sucanat
- }] **½ cup** unsweetened applesauce
- }] **1 cup** nondairy milk
- }] **1 tsp** vanilla extract
- }] **2 cups** finely processed or shredded carrots
- }] **2 cups** whole wheat pastry flour
- }] **½ tsp** sea salt
- }] **2 tsp** baking powder
- }] **½ tsp** baking soda
- }] **2 tsp** Pumpkin Pie Spice
- }] **½ cup** finely chopped walnuts
- }] **½ cup** raisins

PREPARATION

1. Preheat oven to 350°F. Line a 9 × 12 inch pan with parchment paper and set aside.
2. In a small bowl, mix together the flax meal and water. Let stand for 1–2 minutes.
3. In a mixing bowl, combine the Sucanat, applesauce, milk, vanilla, carrots, and flax meal mixture.
4. In another bowl, combine the flour, salt, baking powder, baking soda, and pumpkin pie spice. Add to the applesauce mixture along with the walnuts and raisins. Gently mix until all the ingredients are wet. Do not overmix.
5. Pour the cake batter into the prepared pan, smoothing the top with the back of a spoon.
6. Bake for 20–25 minutes, or until a toothpick inserted into the center comes out clean.

TIP

- I like this carrot cake by itself, but for guests I will often frost it with my Creamy Frosting (below).

CREAMY FROSTING

This is a rich, “buttery” frosting that uses cashews and tofu as the base. Use sparingly and refrigerate.

INGREDIENTS

-] **7 ounces** extra-firm tofu
-] **½ cup** raw cashews or cashew butter
-] **¼ cup** agave nectar
-] **¼ cup** water
-] **½ tsp** vanilla extract
-] **⅛ tsp** sea salt

PREPARATION

1. Place all the ingredients into a Vitamix or other high-powered blender and blend until smooth and creamy.
2. Refrigerate for 1–2 hours so the frosting will thicken.

TIPS

- This can easily be made into a chocolate frosting by adding 1/4 cup or so of unsweetened cocoa powder. How much depends on how dark and rich you want the chocolate flavor.
- If you do not have a high-powered blender, you may want to soak the cashews beforehand or use cashew butter instead of raw cashews.