



Carrot Applesauce Cake with Cream Cheese Glaze

16 servings

1 ½ cups white flour
½ cup whole wheat pastry flour
2/3 cup to 1 cup sugar
2 teaspoons baking soda
1 ½ teaspoons cinnamon
½ teaspoon nutmeg
1/8 teaspoon salt
¼ cup canola oil
¾ cup unsweetened applesauce
2 whole eggs and 2 egg whites
3 cups coarsely grated carrots – about ¾ pound

- Preheat oven to 350°F.
- In large bowl combine dry ingredients. In small bowl combine applesauce, oil, eggs and egg whites. Add to dry ingredients, stir, add carrots and stir again.
- Pour into bundt or tube pan sprayed with cooking spray
- Bake for about 1 hour and 10 minutes or until toothpick comes out clean.
- Cool in pan 5 minutes, turn out onto wire rack to cool.

Glaze (Spread on warm cake)

½ cup reduced fat cream cheese, softened
½ cup powdered sugar
½ teaspoon vanilla
2 tablespoons low-fat milk

- In a bowl, beat cream cheese and powdered sugar with a mixer until well mixed. Add vanilla, beat again.
- Add milk 1 tablespoon at a time until desired consistency.

Nutritional information:

Calories: 174	Total fat: 6g
Saturated fat: 1.3g	Carbohydrates: 28g
Protein: 4g	Dietary fiber: 2g
Sodium: 247mg	