

## Carrot & Fruit Cake

### Ingredients:

2 cups	packed, grated carrots
1 1/2 cups	all-purpose flour
1/2 cup	whole wheat flour
3/4 cup	rolled oats, processed with steel blade in food processor or blender until consistency of coarse flour (measures 1/2 cup plus 2 Tbsp. after processing)
1 1/2 tsp.	baking powder
1 1/2 tsp.	baking soda
1/4 tsp.	salt
1 1/2 tsp.	ground cinnamon
1/4 tsp.	ground allspice
3/4 cup	liquid cholesterol-free egg substitute
1 1/4 cups	packed light brown sugar
2 Tbsp.	light corn syrup
2 Tbsp.	canola or other vegetable oil
1 cup	unsweetened applesauce
1 1/2 tsp.	vanilla extract
8 oz. can	crushed pineapple in own juice, drained (measure approx. 1 cup)
2/3 cup	raisins

### Directions:

Spray metal cake pan with vegetable cooking spray and flour bottom, using approximately 1 Tbsp. flour. Preheat oven to 350 degree F.

In a medium-size bowl, combine dry ingredients through allspice; set aside.

In a large bowl, beat egg substitute with an electric mixer at medium speed until foamy. Beat in sugar. Beat in corn syrup. gradually add oil. Beat in applesauce & vanilla. reduce speed & beat in flour mixture.

Stir carrots, drained pineapple & raisins into the batter. Put batter into prepared pan.

Bake in a 350 degree F oven for 35 minutes or until wooden toothpick inserted into center comes out clean. Cool before cutting. Store cake in refrigerator, covered.

Yield: 9 x 13-inch cake (20 servings)

**Nutrition Information:** One serving contains 128 calories, 2 g. total fat, 0 g. saturated fat, less than 1 mg. cholesterol, 118 mg. sodium, 4 g. fiber.