



CARROT CAKE

By Allen S.

Ingredients:

- 1 lb. grated carrots
- 4 eggs
- 2 cups applesauce
- 1 cup dark brown sugar
- 2 cups whole wheat flour
- ½ cup Mega Omega® or Simply Omega-3™
- 2 teaspoons baking soda
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- (Optional: ½ teaspoon ginger, ½ teaspoon allspice)
- 1 tablespoon pure vanilla
- ½ cup raisins
- ½ cup dried cranberries
- 1 lg. banana (*Mash it chunky—gives you nice banana bites in the cake*)
- 1 cup blueberries

Method:

Beat together eggs, applesauce, carrots and brown sugar. Add the rest of the ingredients and mix well. Pour into a greased & floured 13x9 cake pan. Bake at 350 for 62 minutes on upper rack. When cooled, store in refrigerator. (Note: Most ovens vary in temperature. This is a “heavy” cake and you want to avoid burning the edges. Check the cake after 60 minutes. Baking time can vary from 60-65 minutes, but at 62, mine comes out perfect!)