

Carrot Cake & Cream Cheese Frosting

Prep Time: 30 min

Bake Time: 45

Cake:

3 cups unbleached all-purpose flour
2 tablespoons ground flax seed
2 teaspoons baking soda
2 teaspoons cinnamon
3/4 tsp freshly grated nutmeg
1 cup unsweetened shredded coconut
1 cup walnuts, chopped
2 cups carrots, grated fine
1/2 cup water
1 cup canola oil
1 cup maple syrup
1 cup applesauce
2 teaspoons vanilla
1/2 tsp sea salt

Frosting:

1/2 cup vegan cream cheese
1/2 cup vegan butter
4 cups organic powdered sugar
1/2 teaspoon vanilla
Pinch of sea salt

DIRECTIONS:

Preheat the oven to 350 degrees. Lightly grease and flour either two 9" round pans, one 9 x 13" sheet cake pan, or place cupcake liners in muffin tins to make 3 to 4 dozen cupcakes.

In a large bowl combine the flour, flax seed, baking soda, cinnamon, nutmeg, shredded coconut and chopped nuts, stir to blend.

In a medium mixing bowl combine the carrots, water, oil, maple syrup, applesauce and vanilla, stir to blend then transfer to the flour mixture. Mix until combined then spoon the batter into the prepared pans.

Bake 20 minutes for cupcakes, and 30 to 40 for cake pans. Check for doneness with a toothpick. Insert a dry toothpick into the center of the cake, if it comes out clean it's ready. Cool the cakes before icing.



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Place the powdered sugar, cream cheese, butter, vanilla, and salt in a medium mixing bowl. Use an electric mixer to cream the ingredients together. Start on slow speed and gradually increase speed as the frosting begins to form. Spread the icing over cooled cakes.

Decorate the cake with chopped walnuts on the sides and use colored frosting to create carrots with a piping bag. Serve and store chilled.

Recipe courtesy of Liz Gary. For information on free local cooking classes and special events visit www.newoptionsfoodgroup.com