

CARROT CAKE WITH PINEAPPLE

Ingredients:

- 1 1/2 cups canola oil
- 1 1/2 cups Xagave
- 3 eggs
- 2 tsp. vanilla
- 2 tsp. soda
- 1 tsp. salt
- 1 cup unsweetened coconut
- 2 cups grated carrots
- 2 cups crushed pineapple (with juice)
- 2 tsp. cinnamon
- 1 cup chopped nuts (walnuts or pecans)
- 3 cups whole wheat pastry flour*

Steps:

Preheat oven to 325°F. Mix all the ingredients in a bowl and stir until smooth. Pour into greased 9 x 13 inch pan. Bake at 325°F for 50 – 60 minutes. Let cool and frost with Cream Cheese Frosting. This cake tastes better on day two!

Cream Cheese Frosting:

This delicious frosting is easy to make and saves you 3,000 calories over the sugar equivalent and tastes better.

Ingredients:

- 1/2 cup unsalted butter (1 stick) at room temperature
- 8 oz. cream cheese at room temperature
- 1 tbsp. lemon juice
- 2/3 cup Xagave

Steps:

Put all ingredients into a large bowl and blend until smooth with an electric mixer.

Refrigerate until ready to use.

Tips and Notes:

Use as a frosting on carrot cake, chocolate cake, brownies, zucchini bread, banana bread, etc.

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