
Low Fat Carrot Cake

- Estimated preparation time:14 minutes

Ingredients:

- 4cups grated carrots
- 2cups sugar – can reduce to 1 1/4 cups
- 1(8 oz.) can pineapple chunks. drained
- 1cup pitted prunes, pureed
- 4egg whites
- 2teaspoons vanilla
- 2cups flour
- 2teaspoons baking soda
- 2teaspoons ground cinnamon
- 1/2teaspoon salt
- 3/4cup flaked coconut

Directions:

- Preheat oven to 350°F. Grease and flour a 13x9x2 inch baking pan.
- In a large bowl combine carrots, sugar, pineapple chunks, prunes, egg whites and vanilla; stir until thoroughly combined. Add flour, baking soda, cinnamon and salt; mix completely. Gently stir in coconut. Spread the batter into prepared pan.
- Bake 45 minutes or until the center is set. Cool on a wire rack before cutting into squares to serve.

- Serves15
- Calories240
- Calories from fat.....15
- Cholesterol0
- Carbs.....53 grams
- Sugar36 grams

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