



NUTRITION CONSULTING INC.

Carrot Cake

This cake is loaded with Vitamin A rich carrots. Who could resist a cake that is delicious and nutritious at the same time?

Makes 18 servings

What you need:

2 cups sugar
1 cup canola oil or other vegetable oil
1/2 cup apple sauce
4 eggs
2 cups flour
2 tsp baking soda
1/2 tsp salt
3 tsp cinnamon
3 cups grated carrots
1 cup chopped pecans or coconut
1 cup raisins



How you prepare:

Beat sugar and oil. Add eggs and apples sauce and beat. Mix in dry ingredients (flour, baking soda, salt & cinnamon) and fold in carrots, nuts/coconut, and raisins. Bake in a 9X13 inch pan or two 8X8 inch pans at 325 degrees for 1 hour.

Serve plain with a dusting of icing sugar or top with frozen vanilla yogurt or cream cheese icing, slivered almonds and fresh fruit.

Per serving:

Calories 339
Carbohydrates 47 g
Protein 4 g
Fat 16 g
Dietary Fiber 3 g

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

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