



Carrot Cake with Cream Cheese Frosting

Ingredients (Carrot Cake only)	Per-Serving Nutritional Data (Carrot Cake only)
<ul style="list-style-type: none"> • 1/4 cup fat free margarine (you may substitute fat-free mayonnaise if you cannot find margarine) • 2 cups sugar • 3/4 cup fat-free egg substitute • 1 tablespoon vanilla extract • 1/2 teaspoon almond extract) • 1/2 teaspoon orange extract • 1/2 teaspoon black almond extract • 1/2 teaspoon coconut extract • 1 teaspoon cinnamon • 1/2 teaspoon nutmeg • 1/4 teaspoon allspice • 1 8oz can crushed pineapple with juice • 3/4 cup applesauce • 1 3/4 cups finely chopped carrots (food processor or grated) • 3 cups flour • 1 1/2 teaspoon baking soda • 1/2 teaspoon baking powder • 1 cup white raisins 	<ul style="list-style-type: none"> • Servings per recipe: 20 <p>Per piece:</p> <ul style="list-style-type: none"> • Calories: 194 • Total Fat: .29g • Saturated Fat: .06g • Percentage of Calories from Fat: 1% • Cholesterol: 0mg • Sodium: 142mg • Carbohydrates: 45g • Protein: 3g

Preheat oven to 350 degrees. Spray a 9 x 13 inch glass baking dish with non-stick cooking spray, set aside.

Cream together first 2 ingredients. Beat in egg substitute. Add next 11 ingredients and beat until incorporated. Combine next 3 dry ingredients and add to wet ingredients. Blend well and stir in raisins. Pour batter into baking dish. Bake for 35 to 40 minutes or until toothpick inserted in center comes out clean. Cool cake to room temperature. Frost if desired.

<p style="text-align: center;">Ingredients (Cream Cheese Frosting only)</p> <ul style="list-style-type: none"> • 1/3 cup fat free cream cheese • 2 tablespoons dry Butter Buds mix. (Mix, from the packet, unprepared, not the sprinkles. Butter flavoring powder to taste and salt to taste if you cannot find Butter Buds.) • 1 tablespoon powdered buttermilk • 1 teaspoon vanilla extract • 2 1/2 cups powdered sugar 	<p style="text-align: center;">Per-Serving Nutritional Data (Carrot Cake with Cream Cheese Frosting)</p> <ul style="list-style-type: none"> • Servings per recipe: 20 <p>Per piece:</p> <ul style="list-style-type: none"> • Calories: 259 • Total Fat: .31g • Saturated Fat: .06g • Percentage of Calories from Fat: 1% • Cholesterol: 0mg • Sodium: 193mg • Carbohydrates: 60g • Protein: 4g
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In a medium mixing bowl beat together first 4 ingredients until smooth. Add powdered sugar beat again until spreading consistency. If icing is too thin add more powdered sugar one tablespoon at a time. If too thick add more cream cheese, one teaspoon at a time, beating well after each addition. This recipe makes enough icing to frost one 9 x 13 inch sheet cake, top only. Double recipe for round layered presentation of carrot or zucchini cake.