

PREPARATION: 30 MINUTES

COOKING: 50 MINUTES

16 SERVINGS

CARROT CINNAMON CAKE



INGREDIENTS

CAKE

4 eggs

2 cups Splenda™ or sugar

¾ cup canola oil

1 teaspoon vanilla extract

2 ½ cups flour

1 teaspoon cream of tartar

1 ½ teaspoon baking soda

½ teaspoon cinnamon

½ teaspoon nutmeg

2 cups carrots, grated

DECORATION

¼ cup powdered sugar

Nutrient Analysis

PER SERVING:

1/16 cake

RENAL EXCHANGE:

1 ½ Starch (3 Starch)

Calories **217** (309)

Protein **4g**

Carbohydrates **21g** (45g)

Fibre **1g**

Total Fat **13g**

Saturated Fat **1g**

Cholesterol **48mg**

Sodium **147mg**

Potassium **115mg**

Phosphorus **46mg**

The numbers in brackets show the nutritional values if cake is made with 2 cups of sugar instead of Splenda.

PREPARATION

- 1 Preheat oven to 350°F.
- 2 In a mixing bowl, with an electric mixer, beat the eggs and Splenda. Add the oil and the vanilla extract. Combine and set aside.
- 3 In another bowl, combine the dry ingredients: flour, cream of tartar, baking soda, cinnamon and nutmeg.
- 4 Add the dry ingredients to the mixing bowl of step 2. Then add the carrots.
- 5 Pour the batter into tube baking pan. Bake for 40–50 minutes. Check for doneness by inserting a toothpick at the centre. When taken out the toothpick should be dry. Let the cake cool before removing it from the pan.
- 6 Once cake has cooled, dust with powdered sugar.

Note: *The cake in the picture shows a glaze (mix ¾ cup powdered sugar, 1 ½ tablespoons water, ½ teaspoon vanilla extract and ¼ teaspoon cinnamon)*