

Carrot Cake

9x13 pan or muffins

1.5 cups whole wheat flour
1 cup flax seed meal
1 cup oatmeal
1 cup sucanat*
2 tsp. baking soda
1 tsp. baking powder
½ tsp. salt
2 tsp. cinnamon
3 grated carrots (approx. 1.5 cups)
2 chopped apples
1 cup chopped nuts
½ cup raisins or currants

Combine:

¾ cup plant milk.
2 TBS ground flaxseed plus 6 TBS water, whisk until frothy
1 tsp. vanilla
2 TBS applesauce

Mix dry ingredients. Add fruit and nuts. Mix liquids and add to dry ingredients; don't overmix (I knead it with my hands to incorporate everything, especially the oats). Spread into 9x13 pan. Bake at 350 for 25 minutes. (Could also bake as muffins)

Best kept in the fridge.

*SUCANAT stands for SUGar CAne NATural. It's evaporated cane juice, an unrefined type of sugar. It can be found at health food stores. Turbinado sugar would be close, or any UNREFINED cane sugar. (*not brown sugar, though, which is simply white sugar mixed with molasses*)

For a wonderful GLAZE: www.eatplant-based.com – search for carrot cake. Note: The above cake recipe is NOT the same one that's featured on that website, but I did make the glaze that's shown there.