

Carrot Cake (low fat version)

Ingredients

- 6 egg whites
- 1 1/3 C. white sugar
- 1 C. applesauce
- 1/2 C. skim milk
- 1 1/2 tsp. vanilla extract
- 1/4 tsp. ground cloves
- 1/2 tsp. ground nutmeg
- 1 T. ground cinnamon
- 2 tsp. baking soda
- 1 C. whole wheat flour
- 1 C. all purpose flour
- 1 (8 oz.) can crushed pineapple with juice
- 2 C. shredded carrots
- 1/2 C. chopped walnuts
- 1/2 C. raisins



Directions

Preheat oven to 350 degrees. Lightly grease a 9x13 inch pan with non-fat cooking spray. In a large mixing bowl, beat egg whites. Slowly beat in sugar, then applesauce, skim milk, and vanilla. Stir in cloves, nutmeg, cinnamon, baking soda, and flour. Stir in, one ingredient at a time, pineapple (with juice), carrots, walnuts, and raisins. Pour into the prepared pan.

Bake for 35-40 minutes in the preheated oven. It is done when toothpick inserted in center comes out clean.

Nutrition Facts

Per Serving: 167 calories; protein 3.9g; carbohydrates 34.1g; fat 2.4g; cholesterol 0.1 mg; sodium 171.1 mg.