

# Reduced-Fat Carrot Cake



NUTRITION CONSULTING INC.

*It's your health. Take a stand.*

**Makes 18 Servings**

## What You Need

*Substituting some apple sauce for some oil makes this a lighter version of the original carrot cake recipe.*

2 cups sugar

1 cup canola oil or other vegetable oil

1/2 cup apple sauce

4 eggs

2 cups flour

1/2 tsp salt

3 tsp cinnamon

3 cups grated carrots

1 cup chopped pecans or coconut

1 cup raisins

## Per Serving

Calories 339

Carbohydrates 47 g

Protein 4 g

Fat 16 g

Dietary Fiber 3 g

## 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.