



THE OLIVE AND THE GRAPE

www.TheOliveAndTheGrape.biz 440-974-0778

Carrot Cake

Makes 20 servings

- 1 1/2 pounds carrots
- 3 cups all-purpose flour
- 1 tablespoon baking soda
- 1 tablespoon ground cinnamon
- 1 teaspoon salt
- 1/2 teaspoon ground allspice or mace
- 1 1/2 cups granulated sugar
- 1 c. The Olive and The Grape's Orange Olive Oil* (Lemon Olive Oil may be substituted)
- 1 cup unsweetened applesauce
- 2 whole eggs
- 4 egg whites
- 1 tablespoon vanilla or maple extract
- 1 cup raisins or currants
- 3/4 cup chopped walnuts or pecans
- Powdered sugar (optional)

1. Preheat oven to 350°F. Lightly grease 15 1/2 x 10 1/2 x 1-inch jelly-roll pan with olive oil. Lightly dust with flour. Wash carrots; do not peel. Cut off ends; discard. Grate carrots in a food processor or by hand using a metal grater.

2. In a medium bowl, combine flour, baking soda, cinnamon, salt and allspice.

3. In a large bowl, beat granulated sugar, olive oil, applesauce, whole eggs, and vanilla with electric mixer at medium speed until well blended. Add flour mixture; beat 1 minute on low speed. Beat 2 minutes on medium speed. Stir in carrots, raisins, and nuts. Pour batter into prepared pan.

4. Bake 35 to 40 minutes or until toothpick inserted in center comes out clean. Cool completely in pan on wire rack. Sprinkle with powdered sugar before serving, if desired.

This recipe was adapted from a recipe provided by Filippo Berio.

Available from The Olive and The Grape, Mentor, and Cleveland, OH