

Carrot Cake

Modified from <http://www.drweil.com/drw/u/RCP00197/Carrot-Cake.html>

Ingredients

2 cups firmly packed finely grated carrots (4-5 carrots)
Juice of 1 large orange
1/4 cup canola oil
2 tablespoons of honey
1/2 cup sugar with vanilla seeds crushed
1/2 cup crushed or chopped pineapple, drained
1 cup unbleached white flour
1 1/2 cups whole-wheat pastry flour
2 teaspoons baking soda
1 teaspoon cinnamon
1/2 teaspoon ground Cardamom (“hell”)
3/4 cup walnuts, chopped
1 egg



Instructions

1. Preheat oven to 180°C.
2. In a mixing bowl, stir together the carrots, orange juice, oil, honey, egg, and pineapple until well blended.
3. In another bowl, stir together the flours, baking soda, and spices. Mix in the walnuts.
4. Blend the dry ingredients into the carrot mixture, stirring until just mixed.
5. Pour the batter into 2 nonstick “English cake” baking pans and bake for 45-60 minutes until a knife inserted in the center comes out clean. Remove from oven, let cool slightly, and remove from pan.