Universal Carrot Cake

About the Recipe

198 Calories · 2 g Protein · 2 g Fiber
Dessert

OIL-FREE: Omit the oil and add an extra 1/2 cup (125 g) unsweetened applesauce in addition to the applesauce already in the recipe.

Ingredients

Makes 24 Servings

- 6 tablespoons (42 g) flax meal
- 1/2 cup (120 mL) water
- 2 1/4 cups (281 g) gluten-free baking 1-to-1 flour
- 1 teaspoon baking powder
- 1 1/2 teaspoons baking soda
- 2 teaspoons (4 g) cinnamon
- 1 teaspoon nutmeg
- 1/2 teaspoon cardamom
- 3/4 cup (150 g) light brown sugar
- 1/4 cup (50 g) organic cane sugar
- 3/4 cup (185 g) unsweetened applesauce
- 1/2 cup (120 mL) canola oil (see above for oil-free option)
- Juice of 1/2 lemon
- 1 tablespoon (15 mL) alcohol-free vanilla extract
- 3 cups (330 g) shredded carrots
- 1/2 cup (70 g) raw unsalted pepitas
- 1/2 cup (73 g) raisins

Directions

1. Preheat the oven to 350 F. Line a 9-by-13-inch baking pan with parchment paper and lightly spray with nonstick cooking spray.
2. Add the flax and water to a small bowl, whisk to combine, and set aside to thicken.
3. Add the flour, baking powder, baking soda, cinnamon, nutmeg, and cardamom to a bowl and whisk together to combine.
4. Add the sugar, brown sugar, applesauce, oil, lemon juice, vanilla, and flax mixture to another bowl and whisk to combine. Add to the bowl with the dry ingredients and stir to combine.
5. Fold the carrots, pepitas, and raisins in until evenly dispersed. Transfer to prepared baking pan.
6. Bake for 40-45 minutes, until a toothpick inserted in the center comes out clean. Cool in the pan for at least 15 minutes. Cut into 24 pieces.
7. Plate each piece and drizzle each piece with 1 teaspoon glaze, if using.

Nutrition Facts

Per serving:
Calories: 198
Fat: 7 g
    Saturated Fat: 0.68 g
    % Calories From Fat: 30%
Cholesterol: 0 mg
Protein: 2 g
Carbohydrate: 34 g
Sugar: 22 g
Fiber: 2 g
Sodium: 113 mg
Calcium: 34 mg
Iron: 0 mg
Vitamin C: 1 mg
Beta-Carotene: 1,225 mcg
Vitamin E: 0 mg

Per Serving (Oil Free):
Calories: 160
Fat: 2 g

- **Saturated Fat:** 0.35 g
- **% Calories From Fat:** 12%

Cholesterol: 0 mg
Protein: 2 g
Carbohydrate: 34 g
Sugar: 23 g
Fiber: 2 g
Sodium: 113 mg
Calcium: 34 mg
Iron: 0 mg
Vitamin C: 1 mg
Beta-Carotene: 1,225 mcg
Vitamin E: 0 mg