

# Universal Carrot Cake

## About the Recipe

**198 Calories · 2 g Protein · 2 g Fiber**  
**Dessert**

## 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 below 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