

CARROT CAKE

Yield: ½ sheet pan

Ingredient	Amount
AP flour	4 oz.
Whole wheat flour	3 oz.
Baking soda	1 tsp
Baking powder	1 tsp
Cinnamon, ground	1 tsp
Sugar	8 oz
Vegetable oil	4 oz (fluid)
Eggs	2 ea
Carrots, grated	1 lb.
Pineapple, diced	5 oz
Golden raisins	3 oz
Egg whites	2 ea
Vegetable spray	
Powdered sugar	in shaker

Method:

1. Sift 2 ¾ oz of the AP flour together with the whole wheat flour, baking soda, baking powder and cinnamon.
2. Beat the sugar, vegetable oil, and whole eggs until smooth.
3. Add the dry ingredients to the egg mixture and blend well.
4. Stir in the carrots, pineapple and raisins.
5. Whip the egg whites to a medium peak and fold into the carrot batter.
6. Line a ½ sheet pan with parchment paper and spray with vegetable spray tins. Dust with the remaining AP flour and pour the batter into the pan, bake in a 350 degree F oven until cooked through.