

## CARROT CAKE

### Ingredients:

½ cup canola oil	1 teaspoon baking soda
½ cup unsweetened applesauce	2 teaspoons cinnamon
2 Tablespoons sugar substitute	¼ teaspoon nutmeg
4 egg substitute equivalents	½ teaspoon salt (optional)
½ cup water	½ cup chopped pecans
2 cups flour	3 cups grated carrots
1 teaspoon baking powder	

### Directions:

1. Preheat the oven to 350°F. In a large mixing bowl, beat together the oil, applesauce, sugar substitute, and eggs until well blended.
2. Add the water, flour, baking powder, baking soda, cinnamon, nutmeg, and salt and mix well.
3. Stir in the pecans and carrots. Coat a 3-quart tube pan with nonstick cooking spray. Pour in the batter and bake for 35 to 40 minutes or until a toothpick inserted in the cake comes out clean
4. Let the cake cool 10 minutes in the pan, then invert cake and let cool completely. If you like, frost with low-fat cream cheese frosting.

Yield: 16 servings

Nutritional Information per Serving: Calories 155, Carbohydrate 15g, Fat 9g, Cholesterol 0mg, Sodium 173mg, Protein 3g, Fiber 1g.