

CARROT CAKE

Yield: 16 Servings

TOTAL TIME: 1 hour 20 minutes

INGREDIENTS

CAKE:

- 1 (20 oz.) can crushed pineapple
- 2 cups whole-wheat pastry flour,
- 2 tsp. baking soda
- ½ tsp. salt
- 2 tsp. ground cinnamon
- 3 large eggs
- 1½ cups granulated sugar
- ¾ cup nonfat buttermilk
- ½ cup canola oil
- 1 tsp. vanilla extract
- 2 cups grated carrots (4–6 medium)
- ¼ cup unsweetened flaked coconut
- ½ cup chopped walnuts, toasted



FROSTING:

- 12 oz. reduced-fat cream cheese (neufchâtel), softened
- ½ cup confectioner's sugar, sifted
- 1½ tsp. vanilla extract
- 2 Tbsp. flaked coconut, toasted

PREPARATION

Preheat oven to 350 degrees. Coat a 9-by-13-inch baking pan with cooking spray.

1. Drain pineapple in a sieve set (drainer) over a bowl, pressing on the solids. Reserve the drained pineapple and ¼ cup of the juice.
2. Whisk flour, baking soda, salt and cinnamon in a medium bowl. Whisk eggs, sugar, buttermilk, oil, vanilla and the ¼ cup pineapple juice in a large bowl until blended. Stir in pineapple, carrots and ¼ cup coconut. Add the dry ingredients and mix with a rubber spatula just until blended. Stir in the nuts. Scrape the batter into the prepared pan, spreading evenly.
3. Bake the cake until the top springs back when touched lightly and a skewer inserted in the center comes out clean, 40 to 45 minutes. Let cool completely on a wire rack.
4. To prepare frosting and finish cake: Beat fat-free cream cheese, confectioners' sugar and vanilla in a mixing bowl with an electric mixer until smooth and creamy. Spread the frosting over the cooled cake. Sprinkle with toasted coconut.

NUTRITION

Per serving: Calories: 260; Fat: 12 g (3 g saturated fat); Cholesterol: 70 mg; Carbohydrates: 27 g; Protein: 9 g; Fiber: 4 g; Sodium: 290 mg.

Recipe courtesy of Eating Well