Carrot Cake

2 cups all-purpose flour
1½ cups granulated sugar
1 tsp baking soda
1 tsp baking powder
1½ tsp ground cinnamon
¼ tsp salt
2 large eggs, slightly beaten
1/3 cup canola oil
1 tsp vanilla extract
1 (8 oz) can crushed pineapple, packed in juice
3 cups (not packed) grated carrots (about 6 medium)
½ cup golden or dark raisins

1. Preheat oven to 300 degrees F.
2. Place flour, sugar, baking soda, baking powder, cinnamon and salt in a large bowl. Mix well. Stir in eggs, canola oil and vanilla extract. Discard 2 tbsp juice from the crushed pineapple. Stir in pineapple and remaining juice. Fold in carrots and raisins.
3. Coat 9 x 13-inch pan with nonstick cooking spray. Spread mixture evenly in pan. Bake for about 45 minutes or until the top springs back when lightly touched and a wooden toothpick inserted in the cake center comes out clean. Allow cake to cool at room temperature.

Adapted from The Best-Kept Secrets of Healthy Cooking by Sandra Woodruff, RD

Pineapple Cream Topping

1 (8 oz) can crushed pineapple, in juice, undrained
8 oz 99% fat-free vanilla yogurt
1 small pkg (3.4 oz) instant vanilla pudding mix
1½ cups frozen fat-free nondairy whipped topping, thawed

1. In a medium bowl, combine the crushed pineapple (with juice) and yogurt.
2. Add pudding mix and beat until thickened, about 60 seconds.
3. Fold in whipped topping.
4. Spread pineapple topping on the cooled cake.
5. Store covered in refrigerator.

Yield: 18 servings
Nutrient Value (per cake & frosting serving)
Calories: 235
Carbohydrates: 48 grams
Protein: 3 grams
Saturated Fat: 0.6 gram
Fiber: 2 grams

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