



Frosted Carrot Cranberry Cake

Makes 20 servings

Ingredients

nonstick cooking spray
 2 cups unbleached flour
 1 ½ teaspoons baking powder
 1 ½ teaspoons cinnamon
 ¼ teaspoon nutmeg
 ⅔ cup canola oil
 3 large eggs
 ½ cup milk
 1 ½ teaspoons vanilla extract

1 ¼ cups dark brown sugar
 2 cups finely grated carrots
 1 cup dried cranberries
 1 8-ounce package cream cheese (⅓ less fat),
 softened
 2 teaspoons lemon juice
 1 ½ teaspoons lemon zest
 1 tablespoon honey
 2 tablespoons 2% milk, or more if desired*

Directions

1. Preheat oven to 350 F.
2. Spray a 9-by-13-inch pan with nonstick cooking spray. Set aside.
3. In a medium bowl, combine flour, baking powder, cinnamon and nutmeg. Mix. Set aside.
4. In a large bowl, whisk together oil, eggs, milk, vanilla, brown sugar, carrots and dried cranberries. Then add flour mixture, little by little, whisking between each addition.

(directions continued on back)



DESSERT



Directions (continued)

5. Spread the mixture in the pan. Bake for 25 to 30 minutes. Cake is done when a toothpick inserted into the middle of the cake comes out clean. Remove from oven and let cool for 45 to 60 minutes.
6. In a small bowl, combine softened cream cheese, lemon juice, lemon zest and honey. Mix. Add milk. Mix. (You may need to add more milk to reach desired consistency.*) Spread frosting evenly over cooled cake.
7. Cut cake into 20 squares. Serve.

*Option not included in nutrition facts.

 = low sodium

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Nutrition Facts

Serving Size 1/20 pan (78g)
 Servings Per Container 20

Amount Per Serving
Calories 220 **Calories from Fat 90**

	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	

Cholesterol 40mg	13%
Sodium 110mg	5%
Total Carbohydrate 30g	10%
Dietary Fiber 1g	4%
Sugars 20g	

Protein 4g	
Vitamin A 40%	Vitamin C 2%
Calcium 6%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	25g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, milk, eggs
 Carb choices per serving: 2