

## CARROT CAKE

Baking spray with flour to grease pan  
2 ½ cups (12 ½ oz.) all purpose flour  
1 ¼ tsp. baking powder  
1 ¼ tsp. ground cinnamon  
1 tsp. baking soda  
½ tsp. ground nutmeg  
½ tsp. salt  
1/8 tsp. ground cloves  
3 large eggs, room temperature  
1 cup packed (7 oz.) light brown sugar  
1 cup (7 oz.) granulated sugar  
½ cup vegetable oil  
1 lb. carrots, peeled and grated  
2 cups Low fat Cream Cheese Frosting (see recipe below)

1. Adjust an oven rack to the middle position and heat the oven to 350F. Lightly coat a 13x9 inch baking pan with the baking spray, then line the bottom with parchment paper. Whisk the flour, baking powder, cinnamon, baking soda, nutmeg, salt, and cloves together in a bowl.

2. Beat the eggs, brown sugar, and granulated sugar together in a large bowl with an electric mixer on medium speed until the mixture is thick and creamy, 1-3 minutes. Reduce the mixer speed to low and slowly beat in the oil until thoroughly combined and emulsified, 30-60 seconds.

3. Sift half the flour mixture over the batter and gently whisk in by hand. Repeat with the remaining flour mixture and continue to whisk the batter gently until most of the lumps are gone (do not overmix). Using a rubber spatula, gently stir in the carrots.

4. Pour the batter into the prepared pan, smooth the top, and gently tap the pan on the counter to settle the batter. Bake the cake until a toothpick inserted into the center comes out with a few moist crumbs attached, 35-40 minutes, rotating the pan halfway through baking.

5. Let the cake cool completely in the pan, about 2 hours. Run a small knife around the edge of the cake and flip the cake out onto a wire rack. Peel off the parchment paper, then flip the cake right side up onto a serving platter. Spread the frosting (if using) evenly over the top of the cake and serve.

Serves 16

Before: Calories	520	Grams Fat	33	Grams Sat Fat	8
After:	280		12		3

## Low Fat Cream Cheese Frosting

12 oz. Neufchatel (1/3 less fat) cream cheese, softened

1 tsp. vanilla

1 ½ cups (6 oz.) confectioners' sugar

1. Gently mix the cream cheese and vanilla together by hand in a large bowl with a rubber spatula. Add the confectioners' sugar and stir until thoroughly combined and smooth (do not overmix).
2. Transfer the frosting to a small bowl, cover with plastic wrap, and refrigerate until chilled and spreadable, about 1 hour.

Makes about 2 cups