

McDougal's Farm LLC

What's Growing On !

Recipes

Carrot Cake

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5 medium carrots

$\frac{3}{4}$ cup flour

$\frac{1}{3}$ cup flax seed meal

$\frac{1}{3}$ cup sugar

$\frac{1}{3}$ cup brown sugar continued

1 tsp. baking powder

$\frac{1}{2}$ tsp. pumpkin pie spice or cinnamon

$\frac{1}{4}$ tsp. salt

$\frac{1}{4}$ tsp. baking soda

2 eggs, beaten

$\frac{1}{4}$ canola oil

$\frac{3}{4}$ cup spiced Honey yogurt (or vanilla Greek style yogurt with 2 T. honey and $\frac{1}{8}$ tsp. pumpkin pie spice)

1 small can of mandarin orange segments for garnish (optional)

Preheat oven to 350 degrees. Coat 8x8 pan with cooking spray. Shred enough carrots to equal $1 \frac{1}{2}$ cups, set aside. Coarsely shred remaining carrots and spread in prepared baking dish. In medium bowl mix together flour, flax meal, sugars, baking powder, spice, salt and baking soda, set aside. In another bowl combine eggs, the $1 \frac{1}{2}$ cups shredded carrots and oil. Add egg mixture to flour mixture. Stir well. Spread batter over shredded carrots in pan. Bake for 30-35 minutes. Cool for 5 min. then invert, cool completely. Slice cake in halves to make 2 rectangles. Place one half carrot side up on plate. Spread $\frac{1}{2}$ cup spiced honey yogurt. Layer remaining cake half, carrot side down. Dollop with remaining yogurt, drizzle with honey then garnish with an orange slice.