



# lightened-up carrot cake

As far as food folklore goes, "carrot cake is healthy" is right up there with "lobsters scream when boiled." So not true. Until now. By cutting the oil in half, lessening the number of egg yolks and upping the carrot quotient, Lisa has once again proven the impossible.

SERVES: 10-12



julie albert & lisa gnat



## ingredients

### Carrot Cake

- 2 cups flour
- 3/4 cup packed brown sugar
- 1/2 cup sugar
- 1 1/2 tsp baking soda
- 1 tsp ground cinnamon
- 1/2 tsp kosher salt
- 1/2 cup vegetable oil
- 1/2 cup buttermilk
- 1 tsp vanilla extract
- 2 large eggs
- 2 large egg whites
- 3 cups shredded carrots (approx. 6-7 carrots)

### Cream Cheese Icing

- 3 1/2 cups icing sugar
- 1 (8oz/250g) package cream cheese, softened
- 1/2 cup butter, softened
- 1 tsp vanilla extract

print



## directions

1. Preheat oven to 350°F. Coat two 9-inch round cake pans with non-stick cooking spray.
2. For the cake, in a large bowl, combine flour, brown sugar, sugar, baking soda, cinnamon and salt. Stir to combine. Make a well in the center and set aside.
3. In a medium bowl, whisk oil, buttermilk, vanilla, whole eggs plus 2 egg whites. Along with shredded carrots, add to flour mixture, stirring just until ingredients are incorporated and flour has disappeared. Divide batter evenly into prepared cake pans and bake 22-25 minutes or until a toothpick inserted comes out clean. Cool in pans for 10 minutes before removing and cool completely on wire racks before icing.
4. For the icing, in a large bowl beat icing sugar, cream cheese, butter and vanilla on low speed until blended. Scrape down the sides of the bowl and beat on medium speed for 30 seconds, until smooth and creamy.
5. To ice the cake, place 1 layer on a serving plate and spread with 3/4 cup of the icing. Top with remaining cake layer and spread remaining icing over the top and sides of the cake. Store cake in refrigerator.

*"She's only eating carrots to increase the size of her breasts."*

— MIKE BAKER, 'SIXTEEN CANDLES'

