

• HEALTHY •

Carrot Cake!



health & fitness
fridays

Instructions

1. Preheat oven to 350 degrees
2. Prepare 8in round or square baking pan with parchment paper or grease pan well
3. Combine all ingredients together in a bowl and mill well. Pour cake batter into prepared pan and bake 30-35 minutes or until toothpick inserted in the center of the cake comes out clean

Ingredients

- 1 cup of shredded carrot
- 1/2 cup applesauce
- 1/3 cup vegetable oil
- 2tsp apple cider vinegar
- 2tsp vanilla extract
- 1/2 tsp All-purpose flour
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/4 tsp salt
- 2 tsp cinnamon
- 1 tsp nutmeg
- 1/3 cup sugar

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