

Jenny's Carrot Cake

Homemade carrot cake is the best! I use a box-style grater to shred the carrots. The best way to thoroughly drain the pineapple is to squeeze it in your hand and then squeeze it again in a paper towel. I bake and frost all in one pan. Carrots are good for your eyes, lungs, and memory. (don't forget!)

1 1/2 cups all purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
3/4 teaspoon cinnamon
1/8 teaspoon nutmeg
1/8 teaspoon allspice
1/4 teaspoon salt

1/4 cup canola oil
1/2 cup sugar
2 eggs

1/3 cup low fat buttermilk
1 teaspoon vanilla
3/4 cup grated carrot, lightly packed (one great big carrot)
1/2 of an 8-oz. can crushed pineapple in its own juice, well drained
1/2 cup diced walnuts

1. Preheat oven to 350°. Grease an 8-inch round baking pan.
2. Sift dry ingredients into a bowl or onto wax paper. Set aside.
3. With electric mixer on medium-high speed beat the oil and sugar. Add eggs one at a time and continue beating for 3 minutes until thick.
4. In a measuring cup combine buttermilk and vanilla. With mixer on lowest speed alternate adding the flour mixture with the buttermilk mixture, starting and ending with flour. Fold in grated carrots, pineapple and walnuts.
5. Bake for 35 minutes or until toothpick inserted in center comes out clean. Cool in the pan, then frost. Keep refrigerated.

Cream Cheese Frosting:

1 oz. reduced fat cream cheese
1/2 Tablespoon butter, softened
1 cup powdered sugar
1/4 teaspoon vanilla
up to 1 Tablespoon milk
Zest of one orange (optional)

Beat all ingredients well and add just enough milk, a little bit at a time, to get a good spreading consistency.