

VEGAN CARROT CAKE



DIFFICULTY
EASY



TIME
40 MIN - 1 HR



SERVES
24

INGREDIENTS

Ingredients for the cake

2 cups all-purpose flour
2 teaspoons baking soda
1 teaspoon baking powder
1 teaspoon salt
2 teaspoons ground cinnamon
1¾ cups white sugar
1 cup vegetable oil
The equivalent of 3 eggs substitute; such as 3 Tbsp ground Flax seed soaked in 9 Tbsp water for 20 minutes
1 teaspoon vanilla extract
2 cups shredded carrots
1 cup chopped walnuts
1 (8 ounce) can crushed pineapple, drained

Ingredients for the Frosting

1 (8 ounce) package cream cheese
¼ cup butter, softened (make sure that you bring this to room temperature or the frosting will be soft)
2 cups confectioners' sugar
1 tsp vanilla extract

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C). Spray the 9" x 13" pan with cooking spray
2. In a large bowl, whisk together the sugar, oil, egg substitute and vanilla. In a separate medium bowl, whisk together the flour, baking soda, baking powder, salt and cinnamon. Using the whisk initially then switching to a silicone spatula, add the flour mixture to the oil mixture and incorporate until smooth. Stir in carrots, coconut, walnuts and pineapple.
3. Pour into 9x13 inch pan. Bake at 350 degrees for about 45 minutes. the center will sink a just a little bit. Allow the cake to cool completely so that you can frost the cake without the icing melting. This cake can be made 2-3 days in advance
4. To make the frosting: Cream the butter and cream cheese until smooth. Add the confectioner's sugar and beat until creamy.

NUTRITION FACTS PER SERVING

Calories: 290 **Fat:** 19.1g (Saturated Fat: 0g) **Carbohydrates:** 37.6g **Fiber:** 1.3g **Sugar:** 27.5g **Protein:** 3.6g



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