

Carrot-Oat Cake

From Whole Foods Market website

Serves 16

Ingredients:

- 1 cup rolled or quick cooking oats
- 1 cup chopped walnuts
- 1 cup whole wheat pastry flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon salt
- 2 cups grated carrots
- 1 cup pure maple syrup
- 1 cup dried currants
- 1/2 cup unsweetened finely shredded coconut
- 1 1/2 teaspoon pure vanilla extract

Directions:

- Preheat oven to 325°F. Lightly oil a 9-inch square baking pan and set aside.
- Pulse oats and walnuts in a food processor until coarsely ground. Transfer to a large bowl.
- Add flour, baking powder, baking soda, cinnamon, ginger & salt, mix well.
- In a second large bowl, combine carrots, maple syrup, currants, coconut and vanilla.
- Add carrot mixture to flour mixture and stir until completely incorporated. Transfer to prepared pan and bake until cooked through and deep golden brown, about 1 hour.
- Set aside to let cool before cutting into squares.

Nutritional Info:

Per Serving: 190 calories (50 from fat), 6g total fat, 1g saturated fat, 0mg cholesterol, 230mg sodium, 32g carbohydrate (3g dietary fiber, 19g sugar), 4g protein

