

Special Carrot Cake

Recipe By *Brynie Greisman*



Cooking and Prep:  1
h 15 m

Serves:  10

Contains:   

Preference: Parve

Difficulty: Easy

Occasion: Shabbat, Yom
Kippur

Diet: Vegetarian, Pescetarian

Source: Family Table by
Mishpacha Magazine

Gitel P. writes: I must have a piece of cake with my coffee in the morning and I love carrot cake. (Legend has it that George Washington enjoyed it in 1783 and it remains one of America's favorite desserts. BG) Can you provide a healthier version of it without compromising taste or texture?

A typical carrot cake has 4 eggs, 2 cups sugar (why???) It is NOT a candy!), and 1 cup oil .

I made A LOT of changes in the recipe. I actually redid the whole thing, reducing the oil, sugar, eggs, and adding a whole new dimension of warmth and flavor to the cake with the addition of (interesting) spices.

Ingredients (24)

Cake

2 large eggs

- full 3/4 cup brown sugar
- 1/4 cup canola oil
- 2 teaspoons Gefen Vanilla Extract
- 1/2 cup Haddar Unsweetened Applesauce
- 3 cups grated carrots
- 1/2 cup crushed pineapple
- 2 and 1/2 cups fine whole wheat flour
- 1/8 cup ground flaxseed
- 1/8 cup wheat germ
- 1 and 1/2 teaspoons baking powder
- 1 and 1/2 teaspoons baking soda
- 1 tablespoon cinnamon
- 1/2 teaspoon ginger or to taste
- 1 teaspoon paprika (good quality)
- pinch cumin
- generous pinch salt
- 1/8 teaspoon nutmeg
- 1/4 cup mini chocolate chips or 1/3 cup Glicks Chocolate Chips or other regular chocolate chips

Topping

- 3 ounces (85 grams) bittersweet chocolate, cut up
 - 1/2 tablespoon coffee dissolved in 3 tablespoons boiling water
 - 1 teaspoon Gefen Honey
 - 1 teaspoon canola oil
 - 1/2 teaspoon Gefen Vanilla
-

Start Cooking

For the Cake

1. Preheat the oven to 350°F (180°C). Spray a bundt pan or a 9x13-inch baking pan with baking spray or oil.
2. Beat the eggs, sugar, oil, vanilla, and applesauce for 2–3 minutes, until it is light.
3. Add the carrots and pineapple and mix well.
4. Add the flour, flaxseed, wheat germ, baking powder, baking soda, and all the spices.
5. Mix just until the flour is incorporated. Stir in the chocolate bits.
6. Pour this into the prepared pan and bake for 40 minutes for a 9x13 and 50 for a bundt pan. Don't overbake.

Tip:

Grate a lot of carrots at once and freeze them. They are perfect for cakes or kugels that way and you're one step ahead.

For the Topping

1. Combine the chocolate, coffee/water, oil, and honey in a glass measuring cup.
2. Microwave, uncovered, on medium for 1 minute. Stir well.
3. Microwave for 30–45 seconds longer, and stir again until the mixture is smooth. Stir in the vanilla.
4. Pour this over the cake.

Note:

I usually double this recipe and freeze it frosted and sliced. My kids take a piece on the way out to school. What a great way to start a morning! This cake does not taste overly healthy or very spicy at all, don't worry! (Even the photographer loved it!)