



Another Healthy Recipe from  
**Healing Tree Wellness Center**

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**Sugarless Carrot Cake**

- 3 large carrots
- 1 large egg
- 3/8 cup oil
- 1 8-ounce can crushed pineapple in its own juice
- 1 cup raisins
- 1 teaspoon vanilla extract
- 1 ½ cups whole-wheat flour
- 1 teaspoon cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground allspice
- ½ teaspoon salt
- 1 ½ teaspoons baking powder

Scrub and grate carrots. Measure 1 cup and set aside. Spray 8-inch square pan with cooking spray. In a blender, combine egg, oil, pineapple and juice, raisins, and vanilla. Process until raisins are finely chopped. Measure flour, spices, salt and baking powder into a large bowl. Stir well. Add blended mixture and grated carrots to dry ingredients, mixing until batter is uniform. Spread batter into pan and bake at 350 degrees for 45-50 minutes or until cake tester comes out clean. Cool. Refrigerate.