



You can turn this cake recipe into Halloween party muffins by pouring the batter into muffin tin molds instead of a cake pan!

Makes 9 servings

### **Ingredients**

2 cups grated carrots  
1 1/2 cups raisins  
2 cups water  
1 1/2 teaspoons cinnamon  
1 1/2 teaspoons ground allspice  
1/2 teaspoon ground cloves  
1 cup sugar  
1/2 teaspoon salt  
3 cups unbleached or whole-wheat pastry flour  
1 1/2 teaspoons baking soda  
1 cup soy milk  
vegetable oil spray

### **Directions:**

Simmer carrots, raisins, water, cinnamon, allspice, and cloves in a saucepan for 10 minutes. Stir in sugar and salt and simmer for 2 more minutes. Cool completely.

Preheat oven to 350 F.

In a large bowl, stir flour and baking soda together. Add cooled carrot mixture along with soy milk and stir just to mix. Spray a 9"×9" pan with vegetable oil spray and spread the batter in it. Bake for 1 hour. A toothpick inserted in the center should come out clean. Serve plain or frost with Tofu Cream Frosting when completely cooled.

Per 3"×3" slice (without frosting): 336 calories; 1.1 g fat; 0.2 g saturated fat; 2.9% calories from fat; 0 mg cholesterol; 6.2 g protein; 77.8 g carbohydrate; 38 g sugar; 3.6 g fiber; 377 mg sodium; 69 mg calcium; 2.9 mg iron; 1.9 mg vitamin C; 2176 mcg beta-carotene; 0.7 mg vitamin E

Per 3"×3" slice (with frosting): Calories: 397; Fat: 4.8 g; Saturated Fat: 0.7 g; Calories from Fat: 10.9%; Cholesterol: 0 mg; Protein: 8 g; Carbohydrates: 83.2 g; Sugar: 42.4 g; Fiber: 3.6 g; Sodium: 453 mg; Calcium: 82 mg; Iron: 3.3 mg; Vitamin C: 2.8 mg; Beta Carotene: 2176 mcg; Vitamin E: 1 mg;

## Tofu Cream Frosting

Makes 1  $\frac{1}{3}$  cups (enough to frost one 9"x9" cake)

1 cup firm silken tofu (1/2 pound)  
2 tablespoons oil  
2 tablespoons fresh lemon juice  
3 - 4 tablespoons maple syrup  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon vanilla extract

Combine all ingredients in a blender and blend until very smooth. Scrape the sides of blender often with a rubber spatula to get the frosting completely smooth.

Per 2 1/2-tablespoon serving

- Calories: 65
- Fat: 3.9 g
- Saturated Fat: 0.6 g
- Calories from Fat: 54.8%
- Cholesterol: 0 mg
- Protein: 1.9 g
- Carbohydrates: 5.7 g
- Sugar: 4.7 g
- Fiber: 0 g
- Sodium: 80 mg
- Calcium: 14 mg
- Iron: 0.4 mg
- Vitamin C: 0.9 mg
- Beta Carotene: 0 mcg
- Vitamin E: 0.4 mg