

Applesauce Lowers Fat in Carrot Cake Recipe

by Lee Jackson

“What will I do with all these apples?” is a question often heard this time of year. A good way to use lots of apples is to make a big batch of applesauce. It freezes well and can be used in many different ways. One of the healthiest ways to use applesauce is to substitute it for part or all the fat called for in recipes such as quick breads, and some cakes and other desserts.

In this revised carrot cake recipe, the amount of fat has been greatly reduced with the use of applesauce. The original traditional carrot cake recipe calls for 1 1/2 cups salad oil. Try this healthier version of **Carrot Cake**:

- 1 cup sugar
- 1 cup liquid egg substitute
- 1/4 cup canola oil
- 3/4 cup unsweetened applesauce
- 1/4 cup honey
- 2 cups unbleached all-purpose flour
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1 teaspoon salt
- 3 cups grated raw carrots (about 6 medium)
- 1/2 cup walnuts
- 1 tablespoon vanilla extract

In large mixing bowl, combine sugar, egg substitute, canola, applesauce, and honey. Stir in dry ingredients. Mix in carrots and walnuts.

Pour into a 9 x 13 inch baking pan that has been well greased or sprayed with a nonstick vegetable coating. Bake at 350° F. for 45 minutes or until toothpick comes out clean when inserted in center of cake. Dust lightly with confectioners' sugar when cool. Makes 15 servings.

Along with the apple's healthy properties of being packed with fiber, having a low sodium content, being known to lower cholesterol and high blood pressure, apples have other important qualities. They are low in calories, are fat free, and can be used as a fat substitute. No wonder eating "an apple a day" is good advice. Of course, eating apples for the sheer enjoyment of this flavorful, satisfying fruit is reason enough.

Lee Jackson is the author of two apple cookbooks, **From the Apple Orchard — Recipes for Apple Lovers** and **Apples, Apples Everywhere — Favorite Recipes From America's Orchards**. See more information about these books at www.imagesunlimitedpub.com or order from the publisher, Images Unlimited Publishing, P.O. Box 305, Maryville, MO 64468. Send inquiries to: Lee@imagesunlimitedpub.com

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