

CARROT CAKE

A healthy "all occasion" cake for today's diet conscious person. Yields 12 good slices.

UTENSILS: FLUTED TUBE PAN

1 cup	sugar	250 ml
1 cup	vegetable oil	250 ml
3	eggs	3
2 cups	carrots, sliced	500 ml
1? cups	all purpose flour	325 ml
1½ tsp	cinnamon	7 ml
1½ tsp	baking powder	7 ml
1½ tsp	baking soda	7 ml
½ tsp	salt	2 ml
1 cup	chopped nuts	250 ml

METHOD:

1. In food processor or blender combine sugar, oil, eggs and carrots.
2. Stir dry ingredients together in Simmer Pot or large bowl.
3. Pour liquid ingredients into dry, folding in until all dry ingredients are moistened. Fold in nuts.
4. Pour into ungreased Fluted Tube pan cover with inverted Tray.
5. Place on Multi Rax in microwave, microbake 100% power 7-9 minutes. Remove tray after cake has stopped rising and continue baking until cake is just slightly moist on top.****
6. Let stand 8 minutes uncovered, then flex pan, rap and release.

MICRO MEMO:

If you do not have a food processor or blender then finely grate the carrots and mix as above. This is a very dense cake, thus placing on Multi Rax both for baking and during standing time will eliminate heat loss from bottom of cake into heat conducting glass tray resulting in a soggy bottom. **** Cake should not have pulled away from the sides of the pan when it is removed from the oven. This will happen during standing time as the cake finishes cooking.