

KIKI'S CARROT CAKE RECIPE

*We use the best ingredients we can find
it really does make a difference.*



FROSTING

½ cup of earth balance or real unsalted butter
8 ounce block of cream cheese
1½ tsp pure vanilla extract
¼ tsp salt
2½ - 3 cups of powdered confectioners sugar

I always make the frosting first and refrigerate it. It's pretty simple.
Soften 1/2 cup of Earth Balance or a stick of real butter.

Soften an 8 ounce block of Philadelphia Cream Cheese We've tried so many brands and this one is the least gummy tasting. We hear that Earth Balance has come out with a cream cheese. Looking forward to trying it.

Mix the butter and cream cheese until it's smooth and creamy. Add a teaspoon and a half of pure vanilla extract and about 1/8 - 1/4 teaspoon of salt. Add either confectioner's sugar (a little bit at a time) or honey to taste. Mix again until it's smooth and creamy. Refrigerate the frosting until you're ready to use it.

CAKE

2 cups all purpose flour	3 cups of grated carrots
2 cups sugar	4 organic eggs
2 teaspoons baking soda	1½ cups of canola oil
1 teaspoon baking powder	1½ teaspoon of pure vanilla extract
¾ teaspoon salt	
1 teaspoon ground cinnamon	8 ounce can pineapple tidbits in juice
¼ teaspoon ground ginger	¾ cup optional chopped nuts
1/8 teaspoon ground nutmeg	

Grease a 13"x9"x 2"pan (we use Earth Balance) and lightly flour.

Preheat the oven to 350 degrees.

Peel and grate 3 cups of carrots. Set them aside in a bowl in the refrigerator.

In your mixing bowl put 2 cups of all purpose flour (or part all purpose / part whole wheat) , 2 cups of sugar, 2 teaspoons of baking soda and 1 teaspoon of baking powder, 3/4 teaspoon of salt, 1 teaspoon of ground cinnamon, 1/4 teaspoon of ground ginger, 1/8 tsp nutmeg. At this point I usually take a wire whisk and blend all these dry ingredients together. Then add the grated carrots and stir it all together until the flour mixture and carrots are pretty evenly blended.

In a separate bowl break 4 brown organic eggs and whisk them until they are all one color. Add 1-1/2 cups of canola oil (yes one and a half cups) and 1-1/2 teaspoons of pure vanilla extract and blend this all together.

Now take an 8 ounce can of pineapple tidbits in their own juice and add it to the egg/oil mixture. If you want to add chopped nuts (pecans, walnuts, etc.) lightly roast them in a skillet to bring out the flavor and then add them to the mix - about 3/4 cup works pretty well.

Add the wet mixture to the dry mixture. Mix for about a minute or two. I have a kitchen-aid stand mixture and use the paddle attachment for this.

Pour it into the greased and floured pan - use a spatula to get all the batter out of the bowl. Bake in your preheated oven (350) for about 35 minutes. I always start checking it at 30 minutes -it's done when it passes the toothpick test. Cool the cake completely before frosting it so the frosting doesn't melt.