

RESCUE*RECIPE - EASY CARROT CAKE

Dry ingredients:

2 1/2 cups flour

1 1/2 cups sugar

1 1/2 tsp baking soda

2 tsp cinnamon

1/4 tsp salt

1/8 tsp nutmeg (optional)

Wet ingredients:

3 eggs

1 cup vegetable oil

1 tsp vanilla

**1 1/2 cup carrots (cooked, mashed
and cooled- or use leftovers*!)**

1 cup sweetened coconut

1 cup crushed pineapple

1 cup chopped walnuts or pecans
(optional)

DIRECTIONS

Step 1 – Mix the dry ingredients in a medium sized bowl.

Step 2- Beat eggs, oil, vanilla & carrots in large bowl.

Step 3- Add dry ingredients into the above mixture. Fold in remaining goodies (coconut, pineapple and nuts)



Step 4- Pour the batter into greased baking pans (two 8” round cake tins for a layer cake OR a 9” x 12” slab pan)

Step 5 – Bake at 350’ for 30-35 minutes until golden brown and done.

Step 6 – Remove from oven, cool on rack 15 min. Then remove from pans to continue cooling.

OPTIONAL – use your favorite icing recipe or for a less calorific frosting blend a 1/4 cup yoghurt & 1 tsp vanilla with enough icing sugar to create the right spreading consistency.

FUNKY FOOD FACT:

KEEP LEFTOVERS NEAR THE FRONT
OF THE FRIDGE TO REMIND YOU TO
CHOOSE A QUICK, ECONOMICAL
RERUN MEAL! OR GET CREATIVE*...
NORTH AMERICANS WASTE OVER
100KG OF FOOD / PERSON / YEAR
ON AVERAGE!! (RE EARTH.ORG)