

CARROT CAKE

INGREDIENTS:

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| ❖ Sugar | 3 Cups |
| ❖ Cinnamon | 2TBSP |
| ❖ Baking soda | 3 tsp |
| ❖ Salt | 1 ½ tsp |
| ❖ Eggs | 6 |
| ❖ Soft flour | 3 Cups |
| ❖ Vanilla | 1TBSP |
| ❖ Salad oil | 2 ¼ Cups |
| ❖ Grated carrots | 4 Cups |

METHOD:

1. Combine Sugar, Cinnamon, Baking soda & Salt.
2. Add Eggs and beat well.
3. Gradually add flour, then Salad oil then vanilla after well mixed add Carrots.
4. Bake 350° for 40 minutes
5. Cool and frost with Cream Cheese Frosting.

Note:

I developed this recipe while I was working in the dietary department at the hospital it does not have nuts because it is suitable for patients on a soft diet. We sold this cake next to the regular cake for 3 months and it outsold the regular cake 8 to 1 and the hospital stopped using any other carrot cake.

This cake is VERY soft and is difficult to frost I find that refrigerating it helps

