

# Honey Carrot Cakes



Recipe Courtesy Chef Bryan Woolley

- 1 1/3 cups all-purpose flour
- 1 1/2 tsp baking powder
- 1/4 tsp salt
- 1 tbsp ground cinnamon
- 1/4 tsp ground cloves
- 1/2 tsp nutmeg
- 1 tbsp orange zest
- 1 cup applesauce
- 1/4 cup *Splenda* sweetener (if you like it sweeter, add a little more to your liking)
- 3 eggs
- 1 1/2 cups grated carrot
- 1/4 cup fat free milk
- 1/2 cup chopped walnuts
  
- 1 cup honey
- 1/4 cup water
- 1 teaspoon fresh lemon juice
- Pinch salt



1. In a medium size bowl combine flour, baking powder, salt, cinnamon, cloves, nutmeg, zest. Whisk everything together until combined.
2. In a separate bowl add the applesauce and *Splenda*; mix together. Add the eggs, grated carrots, milk, and chopped walnuts.
3. Add the dry ingredients to the wet ingredients and mix together with a wooden spoon until well blended.
4. Lightly spray a 9 inch cake pan and dust with flour. Pour cake batter into prepared cake pan and bake in a 350 degree oven for about 45 minutes or until a toothpick comes out clean.
5. When the cake has about 15 minutes left to bake, in a heavy bottomed sauce pan add the honey and water and bring to a boil. Add the lemon juice and cook for an additional 1 minute.
6. When cake comes out of the oven, pour hot syrup mixture over the cake. Allow cake and honey syrup to cool.
7. Serves 12. Enjoy!

## Nutrition Analysis

Serving Size: 1/2 recipe	
Calories	210
Total Fat	4.5g
Saturated Fat	0.5g
Cholesterol	55mg
Sodium	200mg
Carbohydrate	40g
Dietary Fiber	2g
Protein	4g

## Diabetic Exchanges

Protein	0
Fat	1
Carbohydrate	2