



Eat Smart, Move More...  
Maintain, don't gain!

# HOLIDAY Challenge

## Lighter Carrot Cake

### Ingredients

#### Cake:

2 cups all purpose flour  
½ cup sugar  
½ cup packed brown sugar  
2 tsp baking soda  
2 tsp cinnamon  
1 tsp salt  
½ cup apple butter  
½ cup vegetable oil  
½ tbs vanilla  
2 eggs  
2 egg whites  
3 cups shredded carrot  
Cooking spray

#### Cream Cheese Frosting:

4 oz fat-free cream cheese  
¼ cup butter, softened  
½ tsp vanilla  
3 cups powdered sugar

### Directions

#### Cake:

1. Preheat oven to 350°.
2. Mix together flour, sugar, brown sugar, baking soda, cinnamon and salt.
3. Combine apple butter, oil, vanilla, eggs, and egg whites.
4. Stir flour mixture and apple butter mixture together, just until moist.
5. Fold in shredded carrot.
5. Spray 9 X 13 inch baking pan with cooking spray. Pour in Batter.
6. Bake for 35 minutes or until a wooden toothpick inserted in the middle comes out clean.

#### Frosting:

1. Beat cream cheese, butter and vanilla together on medium speed until smooth.
2. Gradually add sugar and beat at low until blended.
3. Spread on cooled carrot cake.

### Nutrition Information Makes 20 servings

#### Per serving:

Calories: 260  
Fat: 8.5g  
Protein: 3g  
Carbohydrate: 43g  
Fiber: 1g  
Sodium: 185mg



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# Eat Smart