

Carrot Cake

1 1/4 cups flour
1 cup whole wheat pastry flour
1/4 cup sunflower seeds
1 tsp. baking powder
1 tsp. baking soda
1/2 tsp. mace, ground
1/2 tsp. cinnamon, ground
1/2 tsp. salt
1/2 cup vegetable oil
1 cup egg substitute
6 pkgs. sugar substitute
1 medium ripe banana, mashed
1/4 cup apple juice concentrate, unsweetened
2 tsp. vanilla extract
3 cups carrots, shredded
4 oz. fat free cream cheese
2 tbsp. skim milk
1 tsp. vanilla extract
1/2 medium banana, mashed
3 pkts. sugar substitute

Preheat oven to 350°F. Spray 12 cup Bundt pan with vegetable cooking spray; set aside. In large bowl, combine dry ingredients. In a medium bowl combine oil, egg substitute, banana, juice concentrate and vanilla extract. Stir into dry ingredients until just blended. Fold in carrots. Pour into prepared pan; bake 40-45 minutes or until toothpick inserted in center comes out clean. Cool on rack 15 minutes. Loosen edges with knife; remove from pan and cool completely. Makes 16 servings.

To prepare frosting: In medium bowl; combine cream cheese, milk, sugar substitute and vanilla; stir in banana until blended.

Nutrition information per serving: calories 145; protein 6 grams; fat 10 grams; sodium 182 mg