Dinner Tonight!

Healthy Carrot Cake

3/4 cup whole wheat flour  1/4 cup chopped pecans
3/4 cup cake flour  2 cups grated carrots
1/2 cup packed brown sugar  5 dried figs, chopped
1 tablespoon ground cinnamon  2 eggs
1 teaspoon baking powder  1/4 cup vegetable oil
1 teaspoon baking soda  1/2 cup raisins
1/2 teaspoon salt  1 1/2 tablespoons molasses
1 orange, juiced and zested  1 1/2 teaspoons grated lemon zest

Preheat the oven to 350 degrees F (175 degrees C). Grease a 9-inch Bundt pan. In a large bowl, stir together the whole wheat flour, cake flour, brown sugar, cinnamon, baking powder, baking soda and salt. Make a well in the center and pour in the molasses, oil, eggs, and orange juice. Mix until the dry ingredients are moistened, then stir in the orange zest, lemon zest, raisins, figs, poppy seeds, carrots, and pecans until evenly distributed. Pour into the prepared pan.

Bake for 1 hour and 10 minutes in the preheated oven, or until a knife inserted into the center of the cake comes out clean. Cool for 30 minutes before removing from the pan.

Preparation time: 15 minutes
Cook time: 1 hour 10 minutes
Serves: 9

Nutrition Facts per Serving:
Calories: 315
Total Fat: 10.9 g
Cholesterol: 47 mg
Sodium: 368 mg
Total Carbohydrate: 52.8 g
Dietary Fiber: 5.6 g
Protein: 5.5 g