



Nola Silver of Seattle, Washington not only won our mill baking contest with this carrot cake, she won our gratitude for enhancing our lives with a simple yet superb recipe.

CARROT CAKE

Mix together:

- 1/2 cup Brown Sugar
- 1/2 cup White Sugar
- 1/2 cup Canola Oil
- 2 Eggs
- 1/2 tsp. Salt
- 1 tsp. Cinnamon

Add:

- 1 cup Bob's Red Mill Whole Wheat Pastry Flour
- 1 cup grated Carrot
- 1/4 cup chopped Walnuts
- 3/4 tsp. Soda
- 1 tsp. Baking Powder
- 8 oz. crushed Pineapple, drained

Pour this into a greased 8" x 8" or 9" x 9" pan and bake at 350° until toothpick comes out clean (about 40 minutes). While you are waiting for the cake to cool, mix together this simple icing.

- 3 Tbsp. soft Margarine
- 3 Tbsp. softened Cream Cheese
- 1/2 tsp. Vanilla and enough Powdered Sugar to make it just that right consistency.

TO DOUBLE THIS RECIPE:

Double all ingredients. Pour into a greased 9" x 13" pan and bake at 350° until toothpick comes out clean (about 50 minutes).

Ingredient: Organic Whole Grain Soft White Wheat.

Nutrition Facts

Serving Size: 1/4 cup (30g) dry
 Servings Per Container: 22 (per 24 oz bag)
 45 (per 48 oz bag)

Amount Per Serving		% Daily Value*	
Calories	110	Calories from Fat	5
Total Fat	.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	23g		8%
Dietary Fiber	4g		15%
Sugars	0g		
Protein	3g		
Vitamin A			0%
Vitamin C			0%
Calcium			2%
Iron			8%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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Bob's Red Mill Natural Foods
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 Milwaukie, Oregon 97222 USA

Certified Organic by QAI

Product of the USA
 Manufactured in a facility that also uses tree nuts, soy, wheat and milk.



Organic Whole Wheat Pastry Flour