

# Superfood of the Month

## Superfood: Carrots

Carrots are available in a variety of colors including white, purple, yellow, orange, and red, although orange is the most popular and the highest in beta-carotene.

**What?** Carrots are an excellent source of beta-carotene and fiber.

**How?** Carrots are good for you both cooked and raw. Some nutrients are more available in cooked and others in raw carrots, so offer them both ways.

Don't forget the carrot tops! They are edible and using them in recipes is a great way to cut down on waste.

## Oatmeal Carrot Cake

This healthy oatmeal carrot cake is studded with carrots and raisins, naturally sweetened with maple syrup and topped with a delicious cream cheese frosting. It's gluten-free and super easy to whip up in your blender.

### INGREDIENTS

- 4 cups old fashioned rolled oats divided
- 1 ½ teaspoons cinnamon
- 1 ½ teaspoons baking soda
- ½ teaspoon salt
- ¾ cup pulp-free orange juice
- ¾ cup applesauce
- ¾ cup maple syrup
- 2 large eggs
- 3 Tablespoons olive oil or avocado oil
- 2 teaspoons vanilla extract
- 1 ½ cup shredded carrots
- ¾ cup raisins
- Healthy cream cheese frosting
- Chopped walnuts for topping optional

Prep Time: 15 minutes  
Cook Time: 20 minutes  
Total Time: 35 minutes  
Servings: 12



### INSTRUCTIONS

1. Preheat the oven to 350°F. Spray three 6-inch cake pans with cooking spray or coconut oil and set aside.
2. Add 2 ½ cups rolled oats, cinnamon, baking soda, salt, orange juice, applesauce, maple syrup, eggs, oil and vanilla extract to a high powdered blender. Blend until smooth, using a tamper as needed.
3. Once batter is combined gently fold in remaining 1 ½ cup oats, shredded carrots and raisins.
4. Pour batter evenly into prepared cake pans and bake for 20-25 minutes until golden brown on top and an inserted toothpick comes out clean.
5. Allow the cake to cool for about 10 minutes. Remove cake from pans and place on a wire rack to cool completely.
6. Once cake is at room temperature frost it with the healthy cream cheese frosting and top with chopped walnuts, if desired.
7. Cut cake and serve.