

Spelt Carrot Cake

- 4 eggs
- 1 cup vegetable oil or peanut oil
- [1 teaspoon pure vanilla extract](#)
- 2 cups all-purpose spelt flour
- 2 cups turbinado sugar (Sugar in the Raw)
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground allspice
- 1/4 teaspoon salt
- 4 cups carrots (about 1 pound) grated
- 2/3 cup nuts chopped
- 1/2 cup golden raisins (add 1/2 tsp. spelt flour to coat raisins to keep them from dropping in cake)

Makes: 12-14 cake servings. Use a 9 x 13 cake pan or (2) 9 inch round pans

instructions

Preheat oven to 350°F. Lightly spray two 9-in. round pans with vegetable pan spray or Crisco.

In large mixing bowl, beat eggs until foamy; add oil and vanilla and beat well. Mix flour (sift), sugar (sift), baking soda, cinnamon, nutmeg, cloves, allspice and salt together; add to egg mixture and mix well. Fold in carrots, nuts, golden raisins. Pour into prepared pans.

Bake 30-35 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes in pans on cooling grid and invert on grid to cool.

Cream Cheese Icing

Great with Carrot Cupcakes!

Ingredients:

- 1 cup (2 sticks) butter, softened
- 2 packages (8 oz. each) cream cheese, softened
- 1 cup honey
- 1 teaspoon vanilla

Makes: About 5 1/2 cups of icing.

instructions

In medium mixer bowl, cream butter and cream cheese together until smooth. Add honey. Beat on high until smooth but not too much (only 30 seconds to 1 minute). Thin to ice cake smooth; use full strength for piping borders.

NOTE: Do not use light cream cheese or butter substitute.