

## Carrot Cake

- ½ c warm water
- 2 tbsp yeast\*
- 2 tsp honey
- ½ c soy milk
- 1½ c finely grated carrots
- 1½ tsp grated orange rind
- ½ c olive oil
- ¾ cup honey (less if preferred)
- 1 tsp vanilla
- pinch of anise (optional)
- ½ c chopped walnuts
- 1 tsp maple flavoring
- 1½ tsp coriander
- 2 to 2½ c whole wheat flour
- ¾ tsp salt
- ¼ c coconut

Combine warm water, yeast, and honey, and let stand until mixture bubbles. Add and mix in all other ingredients excluding the flour. Stir in flour. Pour into an oiled cake pan. Sprinkle coconut on top and let stand 10 to 15 minutes in a warm place.

Preheat oven to 350 degrees and bake for 45 to 60 minutes.

A rich treat; good in small pieces. Makes delicious cupcakes baked in muffin tins.

\*May use two-and-a-half tablespoons calcium carbonate or Ener-G leavening agent in place of the yeast. (May also then eliminate the extra two tablespoons of honey used with yeast.) Mix all dry ingredients minus the flour; separately blend or mix well the wet ingredients, then combine with the dry ones. Stir flour in combined mixture, pour quickly into oiled pan, and bake immediately at temperature and time indicated above.