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## Low- Fat Whole Wheat Carrot Cake

1 ¼ cup	Whole wheat flour
1 tsp	Baking soda
1 tsp	Cinnamon, ground
¼ tsp	Ginger, ground
pinch	Cloves, ground
½ cup + 2 tbsp	Honey
¼ cup	Canola oil
1 each	Whole egg
2 each	Egg whites, beaten until foamy
2 cups	Carrot, shredded

### Directions:

1. Preheat Oven to 350 F.
2. Combine the flours, baking soda, cinnamon, ginger and cloves in a small bowl.
3. In a separate bowl, combine beaten eggs, honey and oil until well combined.
4. Slowly add dry mixture to the wet mixture. Add the shredded carrots
5. Mix well and place in a 8X8X2 greased pan or muffin tins.
6. Cook for 35-40 minutes. Let cool and cut into 12 squares.

Nutritional Facts: Per serving (2.5 oz)

**Calories:** 167.5 **Fat:** 5 g **Sat. fat:** 0.4 g **Carbohydrate:** 29.30 g **Protein:** 2.9 g  
**Fiber:** 1.8 g **Cholesterol:** 18 mg **Sodium:** 128.56