Flavorful, Lower-Fat Variation On An Old Favorite

Carrot cake, that tried-and-true family favorite, can now be enjoyed even more often, thanks to a recipe makeover.

(NAPSA)—When it comes to food, there are some dishes that are only served at certain times of the year. Or perhaps they're only presented at special occasions. But why can't these all-time favorites be enjoyed whenever the craving strikes?

Now there's at least one classic that can. Carrot cake, a tried-and-true family favorite, has been reinvented with less fat and calories, so it can be enjoyed at any time.

This luscious recipe for Cranberry Carrot Cake has less than half the fat and one-quarter less calories than a "typical" carrot cake, making it a terrific choice whether you regularly indulge in great-tasting desserts or are watching your fat intake.

It starts with easy-to-prepare Krusteaz® Fat Free Cranberry Orange Muffin Mix, and combines the refreshing flavors of carrot, pineapple, cranberry and orange. The smooth cream cheese icing serves as a perfect topper.

Cranberry Carrot Cake
Makes 12 servings

Cake:
  1 package (17.5 oz.) Krusteaz Fat Free Cranberry Orange Muffin Mix (1 pouch muffin mix and 1 can cranberries)
  1 cup water
  ½ cup grated carrots
  ½ cup chopped nuts
  1 teaspoon ground cinnamon
  ¼ teaspoon ground allspice
  1 can (8 oz.) crushed pineapple, drained

Icing:
  ½ cup (4 oz.) lite cream cheese or Neufchâtel
  2½ cups powdered sugar
  1 teaspoon orange zest

Preheat oven to 350°F.
For Cake: In medium bowl, blend together Krusteaz muffin mix and water. Add carrots, nuts, cinnamon and allspice. Stir until moistened. Drain cranberries and pineapple. Fold into batter. Spoon batter into two lightly greased 8-inch round cake pans. Bake 28-30 minutes or until golden brown and toothpick inserted into center comes out clean. Let cool 10-15 minutes and remove from pans to wire rack. Cool completely and frost with cream cheese icing.
For Icing: Place cream cheese, sugar and orange zest in medium bowl. Using an electric mixer, mix on medium speed for 1 minute or until smooth. To frost, place one cake layer on plate. Spread with half of icing, leaving sides unfrosted. Place remaining layer on top of frosted layer. Spread icing over top, leaving sides unfrosted.

Nutrients per serving (½12 of two-layer frosted cake): Calories 310, Total Fat 6g, Sat. Fat 2g, Cholesterol 5mg, Sodium 380mg, Total Carb. 60g, Dietary Fiber 3g, Protein 4g.

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