

K's Kitchen: Super moist carrot cake

By Kathryn Reed

Anything with the word carrot in it must be healthy, right? Not exactly.

Even withholding the frosting from carrot cake is not going to make it a health food. But it's cake, so go for it. Cake was never meant to be healthy.

I'm often one who says hold the cake, just give me the frosting. With this recipe, I want both. The cake is so incredibly moist. It was still tasty after spending a week in the refrigerator.

This is a recipe I have been making for years after my sister, Pam, shared it with me. For those who think cakes only come out of boxes, this will have you rethinking that philosophy.

In the past I had left the pecans out because I'm not a big fan of nuts in desserts. But I happen to have pecans on hand so I used them. And they were a nice addition.



Pamala's Carrot Cake

Cake

2 C sugar

4 eggs

1½ C canola oil

2 C flour

2 tsp soda

1 tsp salt

2 tsp cinnamon

3 C carrots, finely grated

¾ C pecans, chopped (optional)

Preheat oven to 350 degrees.

Beat the sugar and eggs until blended. Add oil, beat some more. Add dry ingredients. Beat until mixed. Add carrots and then nuts.

Pour mixture into greased and floured 9 x 13 pan. Bake for 55 minutes.

Frosting

4 oz. cream cheese

½ stick soft butter

½ box powder sugar

½ tsp vanilla (or more) B

Blend all of the ingredients together. Frost cake when it is cool.