

'24 Karat' Cake

Makes one 9-by-13-inch sheet or two 8-inch rounds, 8-10 servings

Fran's recipe makes the two rounds, but I like to have more cake than frosting. I used my favorite cashew cream frosting, although any frosting — or none — works fine, too.

1/2 cup organic raisins
1/3 cup fresh orange juice
2 cups whole wheat or your favorite gluten-free flour blend

2 tsp. baking powder
2 tsp. baking soda
1 tsp. cinnamon
1/2 tsp. salt
1/2 tsp. nutmeg
1/2 tsp. ground cloves
1/4 cup grapeseed oil
3/4 cup maple syrup
1/2 cup almond or rice milk

2 tsp. apple cider vinegar
1 tsp. vanilla
1/2 tsp. orange extract
2 cups shredded carrots or carrot pulp from juice

extractor, firmly packed (See other uses for carrot pulp at KarenSchuppert.com)

Heat oven to 350 degrees and oil a 9-by-13-inch baking dish.

Soak raisins in orange juice for 10 minutes, or until plump. Drain, reserve juice.

Mix dry ingredients in medium bowl.

In another bowl, whisk oil, syrup, milk, vinegar, extracts and 2 tablespoons of orange juice until well blended.

Pour wet into dry mixture and stir until batter is smooth. Add carrots and raisins with rubber spatula.

Spread batter into prepared dish and bake for 30 minutes. Check with toothpick to make sure it comes out clean.

Cool on wire rack for 10 minutes. Take butter knife around edges to loosen cake and invert onto rack for further cooling. Make sure it is completely cool before frosting.