

What's Really In It?

Gingerbread Spice Cake



1 cup whole wheat flour
1 cup all purpose flour
1 teas bking soda
1 teas ground ginger OR fresh ginger
1 teas cinnamon
¼ teas all spice
¼ teas salt
¾ cup packed brown sugar (dark works better)
¼ cup oil - we use avocado
1 lrg egg
1 cup broccoli puree (steamed & blended till its pureed)
½ cup carrot puree (steamed, mashed & purred)
½ cup nonfat yogurt OR Greek yogurt
¼ cup molasses
2 teas vanilla
1 tbsp grated orange zest

Preheat oven to 375 degrees
Coat a loaf pan with baking spray - or use parchment paper bc it tends to work better with this recipe
In a bowl, mix flours, baking soda, ginger, cinnamon, cloves, allspice and salt; set aside
In a separate bowl, beat the sugar, oil, egg until smooth. Beat in the vegetable puree's, yogurt, molasses, vanilla & orange zest.
Add flour mixture to the wet mixture & mix until smooth.
Pour batter into pan and smooth out the top.
Bake until the toothpick inserted comes out clean.
About 45-50mins
Cool for a few minutes, dust it with some powder sugar.

Enjoy!