EASY CARROT CAKE W/ CREAM CHEESE ICING

Cake

125 mL	carrot, peeled and grated fine
60 mL	oil
85 mL	crushed pineapple(with juice)
2	large eggs
5 mL	vanilla (or half maple, half vanilla)
250 mL	flour
150 mL	sugar
5 mL	baking soda
5 mL	cinnamon
2 mL	salt
1-2 mL	powdered ginger
1 mL	nutmeg or cardamon
0.5 mL	cloves
60 mL	chopped pecans/ or 80 mL coconut

Frosting

60 mL	cream cheese
15 mL	butter
300 mL	icing sugar
5 mL	lemon juice
1 mL	flavoring extract (your choice)

Directions:

1. Preheat oven to 350 F.

2. Grease the bottom and sides of an 8 x 8" inch round cake pan with marg.

3. Peel the carrot and grate it finely. In a small bowl mix the oil, carrot, pineapple, eggs and extract. Stir with a fork till combined.

4.	In a medium bowl measure out the flour, sugar, baking soda, spices and salt. If nuts are desired then chop them up into small pieces and add them to the dry ingredients.

5.	Make a well in the middle of the dry ingredients and pour the liquid ingredients into the centre. Using a PLASTIC SPATULA very gently fold in the wet ingredients just until the dry ingredients are blended.

6.	Pour the cake batter into the greased cake pan and spread it out evenly to the sides of the pan till it's level. Bake for 22-25 mins or until the cake springs back when touched. Run a small metal spatula around the edges and then cool in the pan for 3 mins before removing.

7.	Remove the cake from the pan, place on a cooling rack, then cut in half and leave to cool. When cool to the touch frost as a single cake or a double layer cake.

8.	**FROSTING**; beat the cream cheese till smooth, add the butter beat till smooth. Add half of the icing sugar and blend into the butter mixture. Add the lemon juice and extract. Beat again. Finally add the other half of the icing sugar and beat till smooth.