



Healthy Carrot Cake

As you make this cake, think back to the first lessons in [Behold and See Science 6](#). As your carrot cake rises, remember Mike's discovery that volume can change even when mass stays the same. Now you can make your own carrot cake and watch that same lesson happen in real life!

Ingredients

Dry ingredients

- 2 cups whole wheat flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon salt

Wet ingredients

- 3 eggs
- 2/3 cup honey
- 1/2 cup applesauce
- 3/4 cup neutral-flavored oil (e.g., vegetable oil or refined coconut oil)
- 1 teaspoon vanilla extract

Mix-ins

- 1 10-ounce bag of shredded carrots (about 2 1/2 cups)
- 3/4 cup chopped walnuts or pecans
- 1/2 cup raisins

Instructions

1. Preheat oven to 350°F. Grease a 9x13-inch pan or two round cake pans.
2. In a medium bowl, whisk together the dry ingredients.
3. In a large bowl, whisk together the wet ingredients until smooth.
4. Stir the shredded carrots, chopped nuts, and raisins into the wet ingredients.
5. Add the dry ingredients to the wet ingredients and stir just until combined.
6. Spread the batter evenly in the prepared pan or pans.
7. Bake for 30 to 38 minutes, until the center springs back lightly and a toothpick inserted in the middle comes out with moist crumbs.
8. Let cool completely before topping with cream cheese frosting.

Cream Cheese Frosting

- 8 ounces cream cheese, softened
 - 4 tablespoons butter, softened
 - 3 tablespoons honey
 - 1 teaspoon vanilla extract
- Beat until smooth, and spread over the cooled cake.