

## "The G.I. Diet Cookbook" by Antony Worrall Thompson

### Carrot and pineapple cake

Serves 16

1-pound whole-wheat flour (about 3 1/3 cups)  
2 tablespoons baking powder  
1 1/2 teaspoons salt  
1/2 tablespoon ground cinnamon  
1/2 teaspoon ground nutmeg  
1/2 teaspoon ground allspice  
1/2 cup dark brown sugar  
1/2 cup light olive oil  
2 eggs, lightly beaten  
12 ounces carrot, grated (about 2 1/2 cups)  
1/2 cup walnut pieces  
1/2 cup raisins (Suggestion: golden raisins)  
1/2 cup dry, unsweetened coconut (Available at Roots on Airport Rd. Leominster)  
9 ounces crushed pineapple in natural juice (about 1 cup)  
Confectioners' sugar, for dusting (optional)

1. Preheat the oven to 350 degrees. Grease and line the bottom of a 9-inch spring form pan with parchment paper. (If you have no parchment paper, then grease and flour the pan's bottom.)
2. Mix all the dry ingredients together in a large bowl. Add the remaining ingredients except the confectioners sugar and mix well until evenly combined.
3. Transfer the batter to the prepared pan and level the surface. Bake in the center of the oven for about 1 hour until risen and golden and a fine metal skewer comes out clean when inserted in the cake.
4. Cool in the pan for 15 minutes, then transfer to a wire rack until completely cold. Dust with confectioners sugar before serving.

**Per slice: 259 cal., 13 g fat, 2.5 g sat. fat, .08g sodium, 34 g carbohydrate**