

Carrot Cake with Apricot Glaze

Makes one 9x13-inch cake

3 cups Wellness Forum Health Quick Mix

1 1/2 teaspoons cinnamon

1/2 teaspoon allspice

3 cups grated carrots

1 cup plus 2 tablespoons soy milk

3/4 cup applesauce

1 1/2 cups sucanat

2 teaspoons vanilla extract

1 jar apricot preserves

Preheat the oven to 350 degrees.

- Oil and flour two nine-inch cake pans. Shake off any excess flour from the pans.
- Combine the **Quick Mix**, cinnamon, and allspice in a large bowl and whisk to mix well.
- In a separate bowl, combine the remaining ingredients and mix well.
- Add the wet mixture to the flour mixture and gently fold together.
- Spoon the batter into the prepared pans.
- Bake for 35-40 minutes, or until a toothpick inserted in the center of the cake comes out clean.
- While the cake cools, spoon the preserves into a small saucepan.
- Heat over a medium flame for 3-4 minutes, until the preserves start to boil.
- Remove from the heat.
- When the cake has cooled, spoon the preserves over the cake. Serve