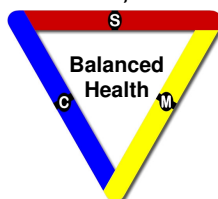


# Natural Health Center

*The Art & Science of Natural Healthcare*



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## Gluten-Free Carrot Cake or Cupcake Supreme

Carrot Cake Supreme by Bette Hagman, author of: *The Gluten-Free Gourmet*.  
Recipe modified by Dr. Jason & Jan Kolodjski.

### Ingredients

3 C of Bob's Red Mills All Purpose GF flour  
2 tsp. xanthan gum  
2 tsp. baking soda  
3 tsp. cinnamon  
½ tsp. cloves  
1 tsp. powdered ginger  
1 tsp. powdered nutmeg  
½ tsp. salt

4 large eggs  
2 C sugar  
1 C mayonnaise  
One 20 oz. can crushed pineapple, undrained  
4 C grated carrots  
1-2 C chopped walnuts

In a bowl stir together Bob's Red Mills All Purpose GF flour, xanthan gum, baking soda, cinnamon, ginger, and salt. Set aside.

In large bowl of the mixer, beat together at medium speed the eggs, sugar, mayonnaise, and pineapple, not drained. Gradually beat in flour mixture until well mixed. With a spoon, stir in carrots and walnuts.

### For cake:

Pour batter into a greased and rice-floured 9" x 13" pan. Bake in pre-heated oven 350 degrees oven for 45 – 50 minutes, or until cake tester inserted in the center comes out clean. Cool in pan.

Serve with whipped cream or frost with cream cheese frosting.

### For cupcakes:

Wait 30-60 minutes for batter to thicken before making cup cakes. Fill each cup cake tin full and bake at 350 degrees for 22 minutes. Batter makes approximately 40 cup cakes.

Serve with whipped cream or frost with cream cheese frosting.