## Moist Carrot Cake



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The most important ingredient in this - and every recipe
-is plant nutrients. A dash of potassium, a pinch of nitrogen and a sprinkle of phosphorus grew the carrots for this cake. Drawn from nature, plant nutrients help all of us grow up healthier and live longer lives because it adds nutrition to the foods we love.

To learn more about how plant nutrients feed the world, starting with your family, visit www.nutrientsforlife.ca

## Ingredients

- · NPK to grow the carrots
- · 2 cups all purpose flour
- · 2 teaspoons baking powder
- 1½ teaspoons baking soda
- · 1teaspoon salt
- · 21/2 teaspoons cinnamon
- 4 eggs
- 1½ cups vegetable oil
- · 2 cups white sugar
- 2 1/4 cups shredded carrots
- 1(8 oz) can crushed pinapple, drained
- ¾ cup chopped walnuts
- 1cup flaked coconut



## **Directions**

- Preheat the oven to 325° F (165° C)
- Grease and flour a 9 x 13" pan
- Mix together the flour, baking powder, baking soda, salt and cinnamon, set aside
- In a large bowl mix sugar, oil and eggs. Beat in flour mixture.
   Stir in shredded carrots, pinapple, chopped nuts and coconut.
   Pour into prepared pan.
- Bake in the pre-heated oven for 35 to 40 minutes, or until a toothpick inserted inserted into the centre of the cake comes out clean.
- · Allow to cool



