

Apple Carrot Cake

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Photo from [Glorious Treats](https://www.glorioustreats.com/)

This week's recipe will take apples and utilize them to add a zing to your common carrot cake recipe. Apples are the flavor of fall, and although a little late, this recipe will be a celebration of the sweeter side of cold weather. A nice slice of apple carrot cake and a cup of warm milk does wonders for keeping you warm this winter.

Apples are one of [Washington's biggest crop](#). Historically, humans have been cultivating apples for almost 8,500 years. Apples originated from Kazakhstan and were spread throughout the east by traders from the Silk Road. Washington produces about 60% of the apples consumed in the US. Personally, I remember going on trips on the East Coast and the hotels I stayed at would have free Washington apples. A piece of home while so far away.

This recipe calls for adding carrots, apples, oil, and yogurt in order to keep it moist. Greek yogurt is an often overlooked ingredient in cakes and breads. I love putting it in my banana bread or carrot cake because it adds moisture, creaminess, and a slight tanginess to balance out the sweetness. I have not included a recipe for the cream cheese frosting because I also just like eating the cake plain, but you can use [this recipe](#) for reference. Like all my recipes, feel free to adjust the seasoning and fillings to your preferences. For example, you can substitute any type of nuts for walnuts or leave them out completely and if you don't have greek yogurt or sour cream you can just use more oil.

Ingredients:

- 2 cups all-purpose flour
- 3/4 cup packed brown sugar
- 1/2 cup neutral oil (canola, vegetable, or even coconut)
- 1/2 cup greek yogurt or sour cream
- 4 large eggs, lightly beaten
- 1 1/2 cups packed grated carrots
- 1 1/2 cups packed grated apples
- 1 cup coarsely chopped walnuts (optional)
- 2 teaspoons baking soda
- 1 1/2 teaspoons baking powder

- 2 teaspoons vanilla extract
- 2 teaspoons cinnamon
- 1/2 teaspoon of ground ginger
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/2 teaspoon salt

Instructions:

1. Preheat the oven to 350 F. Grease a large 9 by 13 pan and set aside.
2. In a large bowl, beat your eggs, brown sugar, oil, and yogurt together until lighter in color.
3. In a separate bowl, mix all your remaining dry ingredients.
4. Gently fold the dry mix into the wet until just combined. Next add in your grated carrots, apples, and optional nuts.
5. Pour into the prepared pan and bake for 40 to 50 minutes or until a toothpick comes out clean.
6. Serve this plain or with a cream cheese frosting.

Nutrition Corner: Apple

An apple a day keeps the doctor away! Did you know! Apples are low in sodium but high in potassium which promotes healthy hearts. Apples are packed with fiber, vitamins, antioxidants and minerals which help regulate your body functions and may provide benefits like anti-cancer, regulating blood sugar, and maintaining healthy weight.

One medium 7-ounce (200-grams) apple (similar between all types) provides:

Calories: 104

Carbs: 28 grams

Fat: 0.3g

Sodium: 2mg

Fiber: 5 grams

Sugars: 20.8g

Protein: 0.5g

Vitamin C: 10% of the Daily Value (DV)

Copper: 6% of the DV

Potassium: 5% of the DV

Vitamin K: 4% of the DV

Source: [USDA](#)