Carrot Cake

Ingredients

1/2 (one-half) cup unsweetened coconut
1 8-ounce can crushed pineapple with juice
1/2 (one-half) cup butter
1 teaspoon powdered stevia extract
3 Tablespoons date sugar
2 eggs, warmed to room temperature and beaten
1/3 cup plain nonfat yogurt
1/4 (one-quarter) cup soymilk or milk
1 teaspoon vanilla extract
1/2 (one-half) teaspoon maple flavoring
1/2(one-half) cup chopped walnuts
2 cups grated carrots
1 cup whole wheat pastry flour
1 cup unbleached white flour
2 Tablespoons soy flour
2 teaspoons baking powder
1 1/2 (one and one-half) teaspoons cinnamon
1/2 (one-half) teaspoon salt

Method

Preheat oven to 350 degrees. Oil a 9-inch springform pan. Soak coconut in pineapple and juice. Set aside. Soften and cream butter in a large mixing bowl. Stir in stevia extract and date sugar. Gradually cream in beaten eggs.
Thin yogurt with milk and add to butter mixture. Mix in vanilla and maple flavoring. Stir in walnuts, the coconut-pineapple mixture and carrots. Sift flours, leavenings, cinnamon, and salt together twice in a separate bowl. Fold dry ingredients into wet ingredients, stirring just until blended. The batter will be stiff. Spoon batter into cake pan, and bake for one hour. Cool in pan. Release from pan and top with Low-Fat Cream Cheese Frosting.

Note

http://www.stevia.com/SteviaRecipe.asp?Id=21