



COOKING
WITH HERBS
FOR HEALTH,
FLAVOR &
TRADITION

Fenugreek Carrot Cake

A moist, warmly spiced carrot cake with applesauce and a gentle touch of fenugreek. Delicious with or without cream cheese frosting.

Herbal Benefits

Carrots provide color and natural sweetness. Fenugreek adds a subtle warm note and pairs beautifully with cinnamon. Applesauce keeps this cake moist and tender.



INGREDIENTS

- 2 cups grated carrots
- 1½ cups flour
- 1 tsp baking powder
- ¼ tsp ground fenugreek
- 1 tsp cinnamon
- 2 eggs
- ½ cup applesauce
- ½ cup brown sugar

INSTRUCTIONS

- 1 Combine wet ingredients.
- 2 Stir in dry ingredients.
- 3 Fold in carrots.
- 4 Pour into a greased 8-inch pan.
- 5 Bake at 350°F (175°C) for 30–35 minutes.
- 6 Cool and frost if desired.

OPTIONAL CREAM CHEESE FROSTING

- 4 oz cream cheese
- 2 tbsp butter
- 1 cup powdered sugar
- ½ tsp vanilla



ENJOY WITH



Herbal Tea



Fresh Coffee



Fresh Fruit



Whipped Cream

SCAN
ME!



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