



# Gluten Free Southern Carrot Spoon Cake

**This is a recipe I revised from Betty Crocker. It is a healthy alternative to helping with a lower carb or gluten free diet. It is a very moist and high in fiber cake.**

## Cake

- 1 box (15 oz) Betty Crocker® Gluten Free yellow cake mix
- 2/3 cup buttermilk
- 1/2 cup butter or Light Flax Seed Smart Balance Butter, softened
- 2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 2 teaspoons gluten-free vanilla
- 3 eggs
- 1 1/2 cups grated carrot finely, 4 large carrots
- 1 (8-ounce) can crushed pineapple, drained
- 1 cup flaked coconut
- 2 cup chopped pecans or walnuts; 1 cup reserved for topping

## Preparation for Cake

- Large 13 x 9 pan (if removing from pan to decorate lined with parchment or wax paper); generously grease and flour pan and paper if using. I use cake baking/cooking spray. Set pans aside.
- Stir together first 4 ingredients until combined completely.
- In another bowl beat eggs and next 4 ingredients at medium speed with an electric mixer until smooth. Add flour mixture, beating at low speed until blended. Fold in carrot and next 3 ingredients, but only 1 cup of chopped nuts and combine completely. Pour batter into prepared pan.
- Bake at 350° for 30 to 40 minutes or until a wooden pick inserted in center comes out clean. Drizzle Buttermilk Glaze evenly over warm cake; cool in pan on wire racks. If decorating you can cool in pans on wire racks 15 minutes; then remove from pans, and cool completely on wire racks. Spread Cream Cheese Frosting on top of cooled cake and sprinkle with remaining 1 cup of chopped nuts.

## **Buttermilk Glaze**

### **Ingredients**

- 3/4 cup sugar
- 1 1/2 teaspoons baking soda
- 1/2 cup buttermilk
- 1/2 cup butter or light Smart Balance Butter
- 1 tablespoon light corn syrup
- 1 tablespoon gluten-free vanilla

### **Preparation for Glaze**

- Bring first 5 ingredients to a boil in a large pot over medium-high heat. Boil, stirring often, 4 minutes. Remove from heat, and stir in vanilla.

## **Cream Cheese Frosting**

### **Ingredients**

- 3/4 cup butter or light Smart Balance Butter, softened
- 1 (8-ounce) low fat package cream cheese, softened
- 1 (3-ounce) low fat package cream cheese, softened
- 2 3/4 cups sifted powdered sugar
- 1 tablespoon gluten-free vanilla

### **Preparation for Cream Cheese Frosting**

- Beat butter and cream cheese at medium speed with an electric mixer until creamy. Add powdered sugar and vanilla; beat until smooth.

*This is a Betty Crocker Cake recipe but revised to be healthier.*

*Recipe Revised by Chef Linda Galyean  
Owner of The Art of Cuisine*