Mug Carrot Cake
DeLIGHTful Desserts – October 2013

Ingredients:
- ¼ cup silken tofu
- ¼ cup and 2 tablespoons cream cheese
- ½ teaspoon vanilla extract
- 2 tablespoons powdered sugar
- 2 tablespoons milk
- ¼ cup whole wheat flour
- ½ teaspoon cinnamon
- ⅛ teaspoon salt
- 2 1/2 tablespoons brown sugar
- 2 tablespoons egg whites
- ⅓ cup canned carrots, drained
- 1 tablespoon milk
- 1 tablespoon olive oil
- ¼ teaspoon vanilla extract

Directions:
1. In a food processor, blend first five ingredients together until smooth. Store in refrigerator.
2. In a small bowl, mix together flour, cinnamon, salt, and brown sugar.
3. In a separate bowl, mix egg whites, canned carrots, milk, olive oil, and vanilla.
4. Mix dry and wet ingredients together (steps 2 and 3).
5. Pour cake mix in to a greased coffee mug for 1 to 2 minutes, using a toothpick to check doneness. Top with frosting.