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## CARROT CAKE SUPREME

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- 3 cups sprouted spelt
- 3 cups Sucanat
- 1 tsp. salt
- 1 Tbsp. baking soda
- 1 Tbsp. cinnamon
- 1½ cups light oil, sunflower
- 4 eggs, slightly beaten
- 1 Tbsp. vanilla
- 1 1/3 cups cooked carrots, puréed
- 1½ cup dried coconut
- 1½ walnuts, coarsely chopped
- 1 8-oz. can crushed pineapple, undrained

Mix flour, Sucanat, salt, baking soda and cinnamon in a large bowl. Add oil, eggs, and vanilla. Mix well. Fold in cooled and pureed carrots, coconut, crushed pineapple, and walnuts. Pour into a greased 9x13-inch baking pan. Bake at 350°F for about 40 minutes, or until the edge pull away from the pan. Cool and frost with frosting of your choice.