



Carrot & Beet Loaf

- 1 cup of oil
- 1 1/2 cups of sugar
- 3 eggs, separated
- 1 teaspoon vanilla
- 1 cup raw beets, shredded
- 1 cup raw carrots, shredded
- 2 teaspoons baking powder
- 2 cups flour
- 2 teaspoons cinnamon
- 1/2 cup of nuts (optional)

Beat the egg whites until they are stiff. Set aside.

In a separate bowl, mix the flour, baking powder and cinnamon together. Set aside.

Mix together the oil, sugar, egg yolks and vanilla, beating until smooth. Add the beets, carrots and nuts (if using). Mix well.

Slowly add the flour mixture, stirring until well blended.

Fold in the egg whites and mix only until 'just' incorporated. Be careful to not over mix!

Heat oven to 350°F. Bake in a greased and floured 8" x 5" loaf pan for 30 to 35 minutes.

Remove from oven and cool for 5 minutes before removing the loaf from the pan.

This loaf freezes well.

Helpful Tips

1. Shred beets and carrots and freeze together. Already measured when you want to make a loaf at any time of the year. Thaw and drain the juice off before adding to recipe.