Healthy Carrot Cake

1/2 teaspoon cinnamon
1/2 tsp mace
6 tablespoons vegetable oil
2/3 cup honey
2 eggs, beaten
3/4 cup grated fresh carrots
1 1/2 tsp baking powder
1 cup whole wheat pastry flour
1/4 cup hot water
1/3 cup chopped nuts (optional)
1/3 cup raisins (optional)

Blend oil, spices, and honey. Add in eggs and carrots (you can get carrots pre-shredded in the grocery store, if you hate to shred).
Add flour and water. Beat well. Add nuts and raisins if you are using them, and blend in well. Bake in greased and floured 9" round cake pan at 350°F degrees, for about 35 minutes or until toothpick comes out clean. Or divide batter into greased and floured muffin pan, and bake at 350°F for about 20 minutes.
You can use this carrot cake plain, or top with whipped cream, ice cream or your favorite frosting. For an extra special treat, add Caramelized Carrot Garnish to top off each serving.

Caramelized Carrot Garnish
1/2 cup grated carrots
2 Tablespoon of butter or margarine
2 Tablespoon brown sugar
½ teaspoon cinnamon
½ cup broken pecan pieces

In a pan, melt and heat the butter and brown sugar, stirring frequently. Sprinkle in and stir the cinnamon. Sprinkle the carrots and pecan pieces into the mixture, stirring well to coat them. Cook until carrots are tender and slightly browned. Cool, and then use to garnish whipped cream, ice cream or frosting. If you omit the pecans, decrease the amount of butter and brown sugar to 1 tablespoon each.