

Peanut butter and carrot cake

Ingredients:

- 1 cup whole wheat flour
- 1 tsp. baking powder
- ¼ cup crunchy peanut butter
- ¼ cup low or non-fat yoghurt
- 1 cup shredded carrots
- ¼ cup honey
- 1 egg

Directions:

- Preheat oven to 350 degrees F
- Mix flour and baking powder. Add the rest of the ingredients and mix until blended and batter is smooth. Pour into safebowl and bake for 45 minutes or until toothpick inserted into centre comes out clean. Cool completely before frosting or serving.
- If you would like to frost, spread ¼ cup softened reduced or non-fat cream cheese and sprinkle with shredded carrots and chopped peanuts.
- Refrigerate any leftover cake for up to five days, or cut into pieces and freeze.

Fetching fruit cake

Ingredients:

- 2 cups whole wheat flour
- ¼ tsp. baking powder 1 cup milk
- 1 ripe banana, mashed
- ½ cup crushed pineapple
- 2 cups whole wheat flour
- ¼ tsp. baking powder
- 1 egg
- 2 tbsp. honey

Directions:

- Mix flour and baking powder. Add the rest of the ingredients and mix until blended and batter is smooth. Pour into safebowl and bake for 40 minutes or until toothpick inserted into centre comes out clean. Cool completely before frosting or serving.
- If you would like to frost, spread ¼ cup softened reduced or non-fat cream cheese
- Refrigerate any leftover cake for up to five days, or cut into pieces and freeze.

Ain't nuthin but a hound dog elvis cake

Ingredients:

- 2 cups whole wheat flour
- ¼ tsp. baking powder
- 1 cup milk

- ½ cup peanut butter (chunky or smooth)
- 2 cups whole wheat flour
- ¼ tsp. baking powder
- 1 egg
- 2 tbsp. honey
- 1 ripe banana, mashed
- ¼ cup crumbled bacon

Directions:

- Mix flour and baking powder. Add the rest of the ingredients and mix until blended and batter is smooth. Pour into safebowl and bake for 40 minutes or until toothpick inserted into centre comes out clean. Cool completely before frosting or serving.
- If you would like to frost, spread ¼ cup peanut butter over cake and top with some more crumbled bacon and/or chopped peanuts
- Refrigerate any leftover cake for up to five days, or cut into pieces and freeze.