Strawberry-Carrot Tea Bread

Serves 16 / Instead of trans-fatty margarine or shortening, this treat uses canola oil, rich in monounsaturated fat, for tenderness and texture. Strawberries add natural sweetness; if you use frozen berries, drain all liquid before adding to batter.

Tea Bread
1/2 cup canola oil
1 cup packed brown sugar or sucanat
2 eggs
1/2 cup nonfat vanilla yogurt
1/3 cup water
1 teaspoon vanilla extract
1-1/4 cups finely shredded carrots
2-1/2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1/2 teaspoon ground allspice
1/2 cup finely chopped fresh strawberries
1/2 cup chopped walnuts

Strawberry Glaze
1/3 cup puréed fresh strawberries
1/2 cup nonfat vanilla yogurt
3 tablespoons powdered sugar

Directions
1. Preheat oven to 350° In a large bowl, mix oil and brown sugar or sucanat with an electric mixer. Add eggs, one at a time, blending well. Add yogurt, water, and vanilla while continuing to beat. Add carrots and blend.
2. In a separate bowl, combine flour, baking powder, baking soda, cinnamon, nutmeg, and allspice. Add dry ingredients to carrot mixture, blending for 2 minutes until batter is smooth. Gently fold in strawberries and walnuts.
3. Pour batter into a lightly greased and floured 12-cup tube or bundt pan. Bake 50–55 minutes, until a toothpick inserted into the center comes out

clean. Cool and invert onto a serving plate.

4. For glaze, mix puréed strawberries, yogurt, and powdered sugar in a small bowl. Drizzle entirely over cooled cake, or reserve to drizzle over each serving.

Per Serving: 240 cal, 37% fat cal, 10g fat, 1g sat fat, 27mg chol, 4g protein, 34g carb, 1g fiber, 93mg sodium

Courtesy of Dr. Catherine Hebert
(985) 626-0111