

Apple Carrot Cake with Greek Yogurt Frosting

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/carrot-cake-recipe-with-greek-yogurt>

Ingredients:

- 1 large egg
- 1/2 cup brown sugar
- 1/3 cup coconut oil
- 1/4 cup agave nectar
- 1/4 cup greek yogurt plain
- 2 teaspoons vanilla extract
- 2 teaspoons canela
- 1/2 teaspoon nutmeg
- 1 cup pastry flour whole wheat
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 dash salt
- 3/4 cup grated carrot
- 1 apple medium –
- 1 cup greek yogurt plain
- 2 teaspoons canela

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 59 grams
3. Cholesterol: 65 milligrams
4. Fat: 22 grams
5. Fiber: 5 grams
6. Protein: 8 grams
7. SaturatedFat: 18 grams
8. Sodium: 370 milligrams
9. Sugar: 28 grams

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