

Favourite Carrot Pudding

Fine Roses

Servings: 12

1 1/4 cups grated carrots, raw
1 1/2 cups apples, peeled, grated, raw
1 cup flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon cloves
1/2 teaspoon nutmeg
1/2 teaspoon cinnamon
1 teaspoon baking soda
1/4 cup margarine
1 cup brown sugar
1/4 cup grape juice
1 cup candied citron (peel)
1 cup dried currants
1 cup seedless raisins
WW - 5 PTS / 1/2 cup serving

1. Grate carrot and apple; measure and set aside.
2. Reserve 1 tablespoon flour to dust dried fruits. Combine with remaining dry ingredients.
3. Cream margarine and brown sugar.
4. Add dry ingredients alternately with grape juice.
5. Dust dried fruits with reserved flour and mix well.
6. Add grated carrot and apple to dried fruits and mix well.
7. Stir into creamed mixture and mix lightly.
8. Pour into well greased large loaf or glass casserole. Cover tightly with double layer aluminum foil.
9. Steam 4 1/2 - 5 hours. Will test done as for cake.
10. Wrap well when cool and age for a few weeks in a cool place.
11. Resteam or microwave to warm and serve with pudding sauce.

Per Serving (excluding unknown items): 245 Calories; 4g Fat (14.5% calories from fat); 2g Protein; 53g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 368mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 1 1/2 Fruit; 1 Fat; 1 1/2 Other Carbohydrates.