



WILD RICE AND CARROT TEA CAKE

QUICK INFORMATION

TIME



2 HR 15 MINS

SERVES



12

CALORIES



400

INGREDIENTS

- ¾ cup Lundberg Family Farms Quick Wild Rice
- 3 cups flour
- 4 tsp. baking powder
- 2 tsp. ground cinnamon
- 1 tsp. nutmeg
- 1 tsp. salt
- 1 cup brown sugar, packed
- 1¼ cup milk
- ⅔ cup vegetable oil
- 2 eggs, lightly beaten
- 2 cups grated carrots
- 3 ounces softened cream cheese
- ½ cup powdered sugar
- 2 Tbsp. crushed pineapple, drained

NUTRITIONAL FACTS

Serving Size: 3/4 inch slice of cake

AMOUNT PER SERVING

Calories 400 Calories from Fat

Total Fat 16g
Saturated Fat 3g

Cholesterol 40mg

Sodium 420mg

Total Carbohydrates 59g
Fiber 2g
Sugar 26g

Protein 7g

PREPARATION

Bring 1 ½ cups of water to a boil in a small saucepan. Add Lundberg Quick Wild Rice, cover, reduce heat to a fast simmer and cook 30 minutes. Remove from heat and let stand covered for 10 minutes. Drain off excess water.

Preheat oven to 350° F. Prepare 9 X 5 inch loaf pan with non-stick spray.

In a bowl whisk together thoroughly flour, baking powder, cinnamon, nutmeg, salt, and brown sugar. Add cooked wild rice to flour mixture and toss to coat kernels.

In a separate bowl blend together eggs, milk, and oil; add grated carrots, then fold in dry ingredients. Do not over mix!

Pour batter in prepared loaf pan and bake until a toothpick inserted comes out clean, approximately 1 hour + 15 minutes. Let cool in pan 10-15 minutes on a rack. It should slide out easily. If not, let cool a few more minutes. Unmold and cool completely. Carefully trim sides before icing loaf.

In a bowl mix cream cheese, powdered sugar, and drained pineapple. Add more powdered sugar to make a thicker icing, if necessary. Cover top of loaf and allow to dribble down the sides. To make it easier to slice, you may refrigerate loaf before slicing.

If making muffins, divide evenly between 24 paper muffin cup-lined muffin cups. Bake at 400°F for 20-25 minutes. Remove muffins from trays and cool on a rack. Ice when cooled.