



Carrot Raisin Bread

Ingredients

1 1/2 cup(s) flour, all-purpose
1/2 cup(s) sugar
1 teaspoon baking powder
1/4 teaspoon baking soda
1/2 teaspoon salt
1 1/2 teaspoon cinnamon, ground
1/4 teaspoon allspice, ground
1 egg(s)
1/2 cup(s) water
2 tablespoon oil, vegetable
1/2 teaspoon vanilla extract
1 1/2 cup(s) carrot(s)
1/4 cup(s) nuts, pecans
1/4 cup(s) raisins, golden

Preparation

1. Preheat oven to 350 degrees F. Lightly oil two 9- by 5-inch loaf pans.
2. Stir together dry ingredients in large mixing bowl. Make well in center of dry mixture.
3. In separate bowl, mix together remaining ingredients. Add mixture all at once to dry ingredients. Stir just enough to moisten and evenly distribute carrots.
4. Turn into prepared pans. Bake for 50 minutes or until toothpick inserted in center comes out clean.
5. Cool for five minutes in pans. Remove from pans and complete cooling on wire rack before slicing.

Quick Info:

18 Servings

Nutritional Info (Per serving):

Calories: 99, Saturated Fat: 0.5g, Sodium: 97mg, Dietary Fiber: 1g, Total Fat: 3g, Carbs: 17g, Cholesterol: 12mg, Protein: 2g

Carb Choices: 1

Recipe Source:

The National Heart, Lung and Blood Institute (NHLBI). The NHLBI does not recommend or endorse any company advertised on this site.



to be used for medical advice, diagnosis or treatment. [See additional information.](#)
Use of this site is subject to our [terms of service](#) and [privacy policy](#).