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Pineapple Carrot Bread

Yield: One 9" x 5" loaf (about 10 slices)

Time: 10 minutes active; 70 minutes total

1½ cups sugar
2 eggs
1/3 cup canola oil
1 tsp. vanilla extract
1/3 cup low fat plain yogurt
6 oz. crushed pineapple (with juice)
1¾ cups all-purpose flour
1 tsp. cinnamon
¼ tsp. salt
1 tsp. baking powder
¾ tsp. baking soda
1½ tsp. fresh orange zest
1 cup shredded carrots (roughly 1½ to 2 carrots)
1 tbsp. raw sugar (I use Sugar In The Raw)



1. Lightly grease the sides and bottom of a metal 9" x 5" loaf pan. Set aside. Preheat your oven to 350°F.
2. Beat together the sugar, eggs and oil. Stir in the vanilla extract, yogurt, and pineapple. Set aside.
3. In a medium mixing bowl, combine the flour, cinnamon, salt, baking powder, and baking soda. Slowly whisk the dry ingredients into the wet ingredients.
4. Fold in the carrots and orange zest. Pour into the prepared loaf pan. Evenly sprinkle the surface of the batter with 1 tbsp. raw sugar. Bake for 55-60 minutes, until the top is golden brown and a toothpick inserted into the center of the bread comes out clean. Allow to cool at room temperature for 15 minutes before removing from the pan. (I recommend running a butter knife or spatula along the sides to help loosen it before inverting the pan.) Slice once cool enough that it doesn't crumble.

Recipe credit: This recipe was inspired by a cake recipe that I received from my mother-in-law's good friend Lois at my bridal shower.