

# Copeland Family Recipes

## – Carrot Cake –

### *Ingredients:*

3 cups all-purpose flour	1 teaspoon vanilla
2 teaspoons baking powder	3 eggs, separated
1 teaspoon salt	2 cups finely shredded carrots
1½ teaspoons cinnamon	1 small can crushed pineapple with juice
1½ teaspoons nutmeg	1 cup chopped pecans
2 cups sugar	
1¼ cups salad oil (or coconut oil)	

### *Directions:*

Sift together flour, baking powder, salt, cinnamon and nutmeg. Set aside. Cream together sugar, oil and egg yolks. Add vanilla. Add dry ingredients, mixing thoroughly. Add carrots, pineapple and pecans.

Beat egg whites until stiff, then fold into batter.

Bake in a tube pan at 350 degrees for 80 minutes, or until done.