

The Famous Veggie Cake

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Makes:

8 slices

Utensil:

Saladmaster Food Processor

10" Electric Oil Core Skillet

3.5 Qt. Double Walled Bowl

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Contributed By:

Pete Updike

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1

box cake mix, any flavor

3

eggs (or 6 egg whites)

3

cups

fresh fruit and vegetables, shredded, use Cone #1 (see Tips for combinations)

(330

g)

parchment paper

Directions:

1. Precut parchment paper to fit the bottom of the electric skillet.
2. Preheat skillet to 250°F/120°C.
3. While skillet is preheating, combine dry cake mix with eggs (or egg whites) in large mixing bowl.
4. Add shredded fruits and/or vegetables. Stir vigorously into the cake mix.
5. Pour into skillet and cover. Cook 25 minutes or until done. Cake is done when it does not jiggle when skillet is shaken.
6. Once cake is cooled, give skillet an easy shake to loosen. Place cake platter over top of skillet and invert cake onto platter.
7. May be frosted if desired.

Tips:

- Choose any combination from the following fruits and vegetables (shredded using Cone #1 unless otherwise noted), or create your own combination: carrots, celery, pears #2, potatoes, apples #2, oranges #2, yellow squash, zucchini squash, bananas #2.
- Cooking time varies slightly based on moisture of the fruit or vegetable mix you choose, but 25 minutes is normal.
- If you check the progress of the cake by lifting the lid often, you will lengthen cooking time.
- If you happen to burn the bottom of the cake slightly, simply use your Saladmaster® serrated knife to cut off the burned bottom. The flavor of the cake will not be affected.

Nutritional Information per Serving

Calories:

317

Total Fat:

9g

Saturated Fat:

2g

Cholesterol:

71mg

Sodium:

475mg

Total Carbs:

53g

Dietary Fiber:

2g

Sugar:

30g

Protein:

5g

3 cups of mixed carrots, yellow squash and celery were used for analysis.