

## Fruit Distributors of Fruits Vegetables & Floral

## INGREDIENTS

- 3/4 cup whole wheat flour
- 3/4 cup white flour
- 1/2 cup packed brown sugar
- 1 tbsp ground cinnamon
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1 1/2 tbsp molasses

- 1/4 cup vegetable oil
- 2 eggs
- 1 orange, juiced and zested
- 1 1/2 tsp grated lemon zest
- 1/2 cup raisins
- 5 dried figs, chopped
- 2 tbsp poppy seeds
- 2 cups grated carrots
- 1/4 cup chopped pecans

## DIRECTIONS

 Preheat the oven to 350 degrees. Grease 9 inch Bundt pan.
In large bowl, stir together whole wheat flour, white flour, brown sugar, cinnamon, baking powder, baking soda and salt. 3.
Make a well in center of mixture and pour in molasses, oil, eggs and orange juice.

3. Mix until dry ingredients are moistened then stir in orange zest, lemon zest, raisins, figs, poppy seeds, carrots and pecans until evenly distributed. Pour into the prepared pan.

4. Bake for 1 hour and 10 minutes or until knife comes out clean.

5. Cool for 30 minutes before removing from pan.