

Howling Harvest Cake

Ingredients

Cake:

2 Cups Whole Wheat Flour
2 Teaspoons Baking Soda
1/4 Cup Vegetable Oil
1/2 Cup 100% Peanut Butter
1 Cup Plain Apple Sauce
1 Cup Plain Pumpkin Puree
2/3 Cup Milk
1/2 Cup Maple Syrup
2 Eggs

Frosting:

6 Russet Potatoes
1 Cup Low Fat Plain Yogurt (plus extra if needed)
1/4 Cup Plain Pumpkin Puree
1 Tablespoon Maple Syrup
Dehydrated Carrot 'Sprinkles'

Preparation

Cake:

Set oven to 350 degrees and grease 4, 6 inch cake pans
Combine dry ingredients and set aside
Blend together the oil, peanut butter, applesauce, pumpkin, milk, maple syrup and eggs
Pour half of the mixed dry ingredients into wet ingredients and mix until just blended.
Add the rest and blend again.
Separate batter into cake pans and bake for 20-23 minutes or until a toothpick comes out clean.

Frosting:

Peel, cut potatoes and boil as if making mashed potatoes. Cook until soft, drain and mash.
Divide potatoes into two separate bowls.
In one bowl of potatoes add maple syrup, pumpkin puree and 1/4 cup of yogurt.
Whip together to make layer filling.
In second bowl of potatoes add yogurt and whip to a buttercream like consistency.

Assembly:

Layer cake with potato/pumpkin/yogurt/maple syrup mixture.
Frost cake with potato/yogurt mixture.
Sprinkle with dehydrated carrots.