

Crista's Raisin Cake

1/2 cup raisins
2 cups water
1/2 cup margarine
1 tsp vanilla
1 cup sugar
1 tsp cinnamon
2 tbsp Metamucil powder
1/2 tsp cloves
1/4 tsp nutmeg
1 3/4 cup wheat starch
1 tsp baking soda
1 tsp baking powder
1/2 tsp salt



Boil raisins and water for 10 minutes. Add margarine and vanilla and boil for 3 minutes. In a separate bowl, combine dry ingredients. Pour raisin mixture into dry ingredients and beat with a wire whisk. Bake at 350° for 30 minutes in a greased 11" x 7" pan. Glaze.

Glaze:

1 cup powdered sugar
1/4 tsp vanilla
1 tbsp water

Per recipe: 74 mg phe, 1 g protein
Per serving: 2 mg phe, trace protein



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