

Carrot Cake -

2 cups sugar

1 1/2 cups oil

4 eggs

2 cups flour

2 tsp soda

1/4 tsp salt

1 tsp cinnamon

1/2 tsp allspice

3 cups grated carrots

1/2 cup ^{nut} optional

350° 40-45

flour

ground +

1/3

1 lb powdered sugar

1 8oz cream cheese

1 stick butter

2 tsp vanilla