

# LOVE THY CARROT

*real food made with love*

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THE HEALTHIEST APPLE CAKE, EVER (GLUTEN FREE, GRAIN, SUGAR AND DAIRY FREE)

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This recipe makes 1 loaf and about 8 to 10 slices.

## INGREDIENTS

4 eggs

1/3 cup honey, (or maple syrup)

1/2 cup coconut oil melted

1 1/2 cup peeled and diced apple, (about 1 large apple or 2 small)

3 cups almond flour

1 tsp cinnamon and a few dashes for sprinkling on top of the loaf before it goes into the oven

1/2 tsp salt

1/2 tsp baking soda

1 tbsp hemp hearts

## DIRECTIONS

1. Preheat the oven to 350
2. Line a loaf pan with parchment paper and oil the parchment paper and sides of the loaf pan, set aside.
3. In a medium size bowl whisk the eggs, honey and cooled melted coconut oil.
4. In a small bowl, mix the almond flour, salt, cinnamon and baking soda.
5. Mix the dry into the wet ingredients, blend well then add the diced apples and mix again. (You will have a thick batter).
6. Pour into prepared loaf pan and sprinkle with hemp hearts and top with a few shakes of cinnamon.
7. Bake for about 50 to 60 minutes.

8. If it begins to brown lightly cover with foil.
9. Remove from oven and let cool for about an hour before removing from pan.

### **C O O K S   N O T E S**

This loaf keeps well in an airtight container, I like to store in the fridge.

I think it tastes best the second and third day.