

LOVE THY CARROT

real food made with love

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CARROT CAKE IN THE NUDE

This recipe makes 1 loaf. I used a 9 x 5 glass loaf pan.

INGREDIENTS

1/2 cup shredded carrots

1/3 cup coconut oil, melted and slightly cooled

1/4 cup honey or maple syrup

3 eggs, large

2 cups almond flour

2 tbsp coconut flour

1/4 tsp salt

1/4 tsp turmeric

1 tsp cinnamon

1/4 tsp nutmeg

1 tsp baking soda

1 tsp baking powder

1/3 cup of currents

1 tbsp hemp hearts to sprinkle on top of the loaf

DIRECTIONS

1. Preheat oven to 325° and grease a 9 x 5 loaf pan with coconut oil.
2. In a large bowl, combine the shredded carrots, cooled coconut oil, honey and eggs; stir until combined.

3. Add the almond flour, coconut flour, salt, turmeric, cinnamon, nutmeg, baking soda, baking powder and currents. Mix well and spoon into the loaf pan. (The mixture will seem a bit dry). Even out with the back of a spoon. Sprinkle with the hemp hearts.

4. Bake for 40 to 50 minutes or until a toothpick inserted in the middle comes out clean.

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.

If you do not have currents your could use raisins.