



**The Gathered Green**

ABN: 60 149 134 643

P: 0409 841 048

jane@thegatheredgreen.com.au

## ULTIMATE CARROT CAKE

Thank you to edibleharmony.com for this scrumptious healthy carrot cake recipe (gluten free), and recipe.

### Ingredients

- 1 ½ cups of almond flour
- 4 eggs
- 1 cup of dates (about 25 dates)
- ¼ cup of coconut oil
- 1 tsp baking soda
- 2 tbsp of almond milk or coconut milk
- 1 tsp of vanilla
- 1 tsp cinnamon
- ½ cup of chopped walnuts
- 1 cup of fresh (or tinned) crushed pineapple, drained and finely chopped in food processor
- 1 cup of shredded carrots
- ½ cup of unsweetened shredded coconut
- ½ tsp of salt

### Icing

- 1/3 cup of butter, room temperature
- 2/3 cup of cream cheese, room temperature
- 1 tbsp of lemon juice
- ½ cup of raw honey





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## Method

Preheat oven to 170 degrees Celsius.

In a food processor combine the dates, eggs, baking soda, and a cup of almond flour; blend until the dates are dissolved.

Transfer to a bowl and mix in the rest of the ingredients.

Pour batter into a greased 20cm round tin and bake for approximately 1 hour or until a skewer comes out clean.

## Icing

Combine all icing ingredients with a hand mixer until smooth and ice cake when cool.

Enjoy!

Jane

