

# HEALTHY CARROT CAKE

Prep Time 20 minutes • Cook Time 25 minutes

## *Ingredients*

4 eggs  
6 tablespoons (125 g) maple syrup (or sugar free sweetener of choice)\*  
1/3 cup (70 g) coconut oil  
1/4 cup (60 ml) dairy-free milk of choice  
1/2 cup (60 g) coconut flour  
1/4 cup (30 g) tapioca starch or arrowroot powder  
1.5 teaspoons (8 g) baking powder \*\*  
1/4 teaspoon salt  
1 teaspoon cinnamon  
1/4 teaspoon ground nutmeg  
1 teaspoon vanilla extract  
1 cup (90 g) grated carrots  
1/3 cup finely chopped or crushed pineapple optional  
1/3 cup (35 g) chopped walnuts or pecans, optional  
Frosting:  
whipped coconut cream or  
1/2 cup (115 g) cream cheese, softened thick Greek-style yogurt (or dairy-free alternative) work as substitute  
2 tablespoons (30 ml) maple syrup \*  
1/2 teaspoon vanilla



## *Instructions*

Preheat oven to 350 F and line a 8-inch square baking pan with parchment paper.

In a large bowl beat eggs, maple syrup, coconut oil, milk and vanilla extract until combined.

On top of the wet mix add coconut flour, baking powder, salt, cinnamon. and nutmeg. Whisk the dry ingredients into the wet mixture until smooth and combined. (Alternatively, you can also blend all ingredients in a food processor or blender.)

Stir in grated carrots, chopped pecans and crushed pineapple (optional) by hand. Fill batter into prepared pan.

Bake the healthy carrot cake for about 25 minutes until a toothpick inserted in the center comes out clean.

Allow the cake to cool in the pan for 10 minutes, then invert onto a wire rack to cool completely.

For the frosting, beat softened cream cheese and maple syrup with a handheld mixer until smooth and fluffy.

Using an angled spatula, spread the cream cheese frosting over the fully cooled cake. Create a swirl pattern with an angled spatula or the back of a spoon.

If avoiding dairy, try substituting a thick dairy-free yogurt or this recipe for whipped coconut cream as alternative frosting.

Store the cake covered in the fridge.