

CARROT CAKE

Ingredients

1 cup sifted coconut flour
½ cup butter, melted
½ cup coconut cream/milk
12 eggs
1 teaspoon vanilla
1 cup sugar
1 teaspoon salt
1½ teaspoons ground cinnamon
1 teaspoon ground nutmeg
½ teaspoon ground cloves
1 teaspoon baking powder
2 cups finely grated carrot
½ cup nuts, chopped

Frosting

Method

Combine butter, coconut cream, eggs and vanilla. In a separate bowl, mix together sugar, salt and spices. Stir into wet mixture. Combine coconut flour with baking powder and whisk into batter until there are no lumps. Fold in carrots and nuts. Pour batter equally into 2 greased 8 or 9x1½ inch layer cake pans or one 9x9x2 inch pan. Bake at 175 Degree C (350F) for 35-40 minutes or until knife inserted into centre comes out clean. Cool. Cover with lemon swirl frosting or lemon butter frosting.

