

CARROT CAKE*

Serving 12

INGREDIENTS:

For the cake:

1 cup of pitted dates (soak them for minimum 4 hours if they are too dry)

1/2 cup pineapple

750 g carrots, grated and squeezed to remove excess liquid

1/2 cup ground flaxseeds

2/3 cup gluten-free oat flakes

7 tablespoons coconut oil melted

4 to 5 tablespoons maple syrup

2 teaspoons mixed spices (ginger, cardamon, clove)

1 teaspoon cinnamon

1/2 teaspoon Himalayan/sea salt

For the icing:

1 teaspoon vanilla extract

1 cup cashew nuts soaked for a minimum of 4 hours

1/3 cup coconut oil, melted

5 tablespoons agave nectar

Juice of 1 lemon

PREPARATIONS:

- 1. For prepare the cake, process the dates and pineapple in a food processor until the mixture is well combined.*
- 2. Add the remaining ingredients and process until well combined.*
- 3. Transfer the mixture to a tin (23 cm or 9 inches) and press it down firmly to spread the mixture across the base.*
- 4. For prepare the icing, blend all the ingredients in a high-powered blender on high speed, until smooth and creamy.*
- 5. Pour the icing over the cake with a palette knife.*
- 6. Refrigerate for 30 minutes to set the icing.*

** Recipe adapted from: The Uncook Book by Tanya Maher.*