



## CARROT CAKE

Preheat oven to 160°C. Line the bottom and sides of a 23cm loose base round cake tin.

### What you need:

1 batch of our carrot cake base mix  
3 eggs, size 7 @ room temperature  
75g coconut or soft brown sugar  
180 ml rice bran oil or similar  
180 ml plain unsweetened natural yoghurt (note 1)  
Finely chopped zest of 1 orange  
210g grated carrot

### Carrot Cake Base Recipe Mix:

270g of our everyday flour mix  
60g ground almonds  
1 ½ level tsp guar gum  
¼ level tsp gf baking soda  
¼ level tsp gf baking powder  
3 level tsp gf ground cinnamon  
2 level tsp gf ground ginger  
1 level tsp gf ground mixed spice  
1 level tsp gf ground nutmeg

### To Make:

Measure all the base recipe into a large bowl and blend thoroughly with a hand whisk. In another large bowl add the oil and sugar, whisk well together. Add the eggs and whisk again until creamy. Add the yoghurt and gently blend in. Add one batch of the carrot cake base recipe mix into the bowl and slowly half mix through. Don't over mix. Add the grated carrot and orange rind. Continue to blend through until combined. Pour batter into prepared tin. Spread evenly with the back of a spoon to smooth. Bake in the centre of the oven for 30-40 minutes or until a cake skewer comes out clean. (Ovens will vary). Leave to cool in the tin for 15 minutes before turning out onto a wire cooling rack. When cake is cold decorate with icing below or with your own favourite cream cheese icing. I sometimes like to swirl some orange marmalade through the icing for a lovely orange zing.

**Icing:** 100g cream cheese (note 2)  
50g butter  
175g icing sugar

Add above ingredients to a bowl and whisk together. Add 3-4 tsp warm water or orange juice and whisk again. Ice cake and decorate with chopped pistachios or pumpkin seeds, chopped dried apricots and toasted coconut chips.

### Note:

1. For dairy free use Coconut yogurt
2. For dairy free use non dairy cream cheese (like Angel Food brand) and non dairy spread of choice, I like to use Nuttalex Buttery.

**Tip:** Cover cake first then store in the fridge in warmer weather.

**For vegan:** Replace the eggs with ¼ cup of apple sauce plus 6 TBS chickpea liquid (from a can) whipped until like meringue. Whisk the apple sauce with the oil and sugar. Fold through the 'meringue' with the grated carrot and orange rind.