



CARROT CAKE

ALLERGIES:

No grains
No dairy
No gluten
No nuts

Prep time: 10 mins

Cook time: 50 mins

Serves: 12-15

INGREDIENTS

- 1 cup coconut flour
- ½ cup rice malt syrup
- ½ cup coconut oil, melted
- 8 eggs, room temperature
- Juice of ½ large lime
- 1 tsp baking soda
- 1 tbsp cinnamon, ground
- 1 tsp ginger, ground
- ½ tsp nutmeg, ground
- ½ tsp pink rock salt
- 2½ cups grated carrot
- ½ cup sultanas,(organic)



METHOD

- Preheat oven to 180°C.
- Grease well a deep bundt pan.
- In mixer combine coconut flour, rice malt syrup, coconut oil, eggs, lime juice, baking soda, cinnamon, ginger, nutmeg and salt until smooth.
- Stir in the carrots and sultanas.
- Pour batter into prepared tin.
- Bake 45-55 minutes, (test with skewer).
- Leave cake in pan for 15 minutes, then turn out onto wire cooling rack.
- Eat as is, or cover with frosting.