

Ultimate Carrot Cake

Nutritionist Approved!

Free of sugar, oil, dairy, and gluten

Ingredients:

1 1/2 cups unsweetened soy or almond milk
4 1/2 oz. chopped pitted dates, such as medjool
3/4 cup raisins, divided
1 small ripe banana, sliced
1 tsp pure vanilla extract
1 3/4 cups rolled oats
2 tsp baking powder
2 tsp ground cinnamon
1 tsp baking soda
1 tsp ground nutmeg
pinch of ground cloves
1 1/2 cups shredded carrots
1/2 cup chopped walnuts
Vanilla Icing (see below)

Method:

Preheat oven to 350 F

Combine the soy or almond milk, chopped dates, 1/4 cup of the raisins, sliced banana, and vanilla extract in a bowl

Let sit 15 minutes until dates have softened

Place rolled oats in food processor and process until forms a powder

Transfer oat flour to a large mixing bowl

Add baking powder, baking soda, cinnamon, nutmeg, and cloves. Set the dry ingredients side.

Once softened, add the date mixture to a food processor and process until smooth

Transfer the date mixture to the dry ingredients. Stir to combine.

Add the remaining raisins, the shredded carrots, and chopped walnuts

Pour the batter into a silicone baking pan, or use a glass or metal baking pan lined with parchment paper

Bake at 350F for 40 minutes until golden brown

Remove from oven and leave cake in pan 10 minutes, then carefully transfer cake to a wire rack to cool completely

Vanilla Icing (prepare while cake is baking or while prepared cake is cooling)

Ingredients:

5 oz chopped pitted dates

3/4 cups raw unsalted cashews

1 1/2 tsp pure vanilla extract

Method:

Combine the chopped dates, cashews, and vanilla extract in the bowl of a food processor or blender. Add just enough water to cover. Leave to soften up to 45 minutes, then process or blend until smooth. Transfer prepared icing to a dish and set aside.

When cake is completely cooled, cover evenly with vanilla icing. Sprinkle with unsweetened shredded coconut and chopped walnuts for garnish.

Serve and enjoy!

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