

# Carrot Cake Squares with Lemony

JOYOUS HEALTH

## Icing

Recipe by Joy McCarthy from Joyous Health

### Ingredients:

- 1 cup unsweetened shredded coconut
- 12 medjool dates, pitted
- 1 cup walnuts
- 1/4 hemp hearts
- 3 medium carrots, cut into chunks
- 4 tbsp raw honey\*
- 2 tsp pure vanilla extract
- 2 tsp cinnamon
- 1 tsp nutmeg
- 1/2 tsp cloves

### Lemon Icing

- 1 can coconut whipping cream
- 1 tsp pure vanilla extract
- 1 tsp grated lemon zest

### Instructions:

1. Line a square 8"x8" baking pan with parchment paper.
2. Place all the ingredients (excluding icing) in a large food processor and blend until almost smooth. You may need to do this in two batches if using a small food processor. See tip in notes.
3. Press mixture into a square 8x8 inch baking pan. Place in freezer for 1 hour.
4. In a mixing bowl, combine coconut whipping cream, vanilla and grated lemon zest.
5. Slather over carrot cake squares and refrigerate until serving.

### Notes:

\*Add more honey if needed. If batter is not getting sticky enough, you can add more dates, one at a time. They provide the sticking power. Please note: Image is not the actual photo of the recipe. This is an old recipe I revamped and haven't had a chance to reshoot it.