

Carrot Cake Loaf

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1-1/2 cups gluten-free flour blend*
- 1/2 cup unsweetened shredded coconut
- 1-1/2 tsp baking soda
- 1 tsp baking powder
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1 tsp ground ginger
- Pinch salt
- 2 eggs, whisked
- 1-1/2 cups grated carrots
- 2 tbsp melted coconut oil (measure when melted)
- 1/2 cup real maple syrup
- 1/2 cup chopped walnuts
- 1/2 cup raisins or dried cranberries

Instructions:

1. Preheat oven to 350F (180C). Grease standard size loaf pan or line with parchment paper.
2. In a large bowl, combine flour, shredded coconut, baking soda, baking powder, cinnamon, nutmeg, ginger and salt.
3. In a separate bowl combine eggs, melted coconut oil, grated carrots and maple syrup.
4. Add the wet ingredients to the large bowl of dry ingredients, stir together until combined.
5. Fold in walnuts and raisins.
6. Pour batter into loaf pan and bake for 45 minutes or until a fork inserted comes out clean. Let cool for 10 minutes, remove from loaf pan and let cool completely on cooling rack before slicing.
7. Store in the fridge for up to 1 week or slice and freeze for up to 3 months.

Notes:

Makes 9 slices. *I used Bob's Red Mill Gluten-free All-Purpose Baking Flour Blend