

Carrot Cake, Paleo and Gluten-free

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 2-1/2 cups almond flour*
- 3 tbsp coconut flour
- 1/4 cup tapioca flour or arrowroot flour**
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tbsp ground cinnamon
- 1 tbsp ground ginger
- 1 tsp ground nutmeg
- 1/4 tsp ground cloves
- 4 large eggs
- 1 cup carrots, grated
- 2/3 cups raisins, rehydrated for 20 minutes in warm water (discard water before combining)
- 1 cup maple syrup***
- 1 tsp vanilla extract
- 1/2 cup chopped walnuts
- Coconut oil for greasing pan

Instructions:

1. Preheat oven to 350F (180C). Line an 8 or 9 inch springform pan or cake pan with parchment paper. Grease the sides with coconut oil.
2. In a large bowl, combine almond flour, coconut flour, tapioca flour, baking powder, baking soda and spices. Whisk until combined.
3. In a small bowl, whisk eggs. Add carrots, raisins, maple syrup and vanilla extract, stir to combine.
4. Pour the wet ingredients into the bowl of dry ingredients. Using a whisk or a hand mixer, combine the wet ingredients and the dry ingredients until fully mixed.
5. Fold in walnuts. Let the batter settle for a few minutes and then using a spatula, pour batter into cake pan.
6. Place cake in middle rack. Bake for 40-45 minutes until a fork inserted comes out clean.
7. Place cake on a cooling rack once baked. Let cake cool completely before removing from springform pan or cake pan.
8. Now it's time to ice your cake! Try my Coconut Whipped Icing on the blog.
9. This cake stores in the fridge for up to 5 days or freeze for up to a month.

Notes:

Serves 6-8 *If you want to make this nut-free you could try a gluten-free flour blend like Bob's Red Mill. I haven't tried it yet, so it's not tested but I think it would work. **You can

find tapioca flour (aka starch) or arrowroot at your local health food store or online. It's always in the baking section. Bob's Red Mill is a good brand. ***You can half the maple syrup and add 1/2 cup water or non-dairy milk in place of the 1/2 cup maple syrup. You need to add that liquid if you reduce the maple syrup otherwise the cake will be too dry. .