Carrot Cake

I love chocolate, and thankfully I can still eat it, but due to the limitations on my diet due to intolerances and health considerations, a lot of my baked treats contain chocolate, as it is quite difficult to flavour them differently within my available ingredients. This can, at times, become a little boring, even for a chocoholic! So I decided to experiment, and it was a success!

Introducing my grain/gluten/egg/dairy free and low FODMAP carrot cake! I can not tolerate too many nuts, so only used 1/2 cup of almond meal in this recipe, which I could still feel the effects of, but definitely improved the flavour and texture. Depending on your tolerance of nuts, you could increase or decrease the amount, and adjust the other flours accordingly. The cake has a delicious crunchy syrup top that I created, which really adds to the deliciousness! It is perfect served warm or cold, with a scoop of coconut yogurt and fresh fruit, or a simple spread of sunflower or coconut butter.

Ingredients:

3 chia 'eggs' (3 tablespoons of chia seeds, soaked in 9 tablespoons of water for at least 5-10 minutes)
1/3 cup carrot (sliced or grated)
1/3 cup pineapple (tinned or fresh)
4 tablespoons maple syrup
3 teaspoon vanilla extract
2 tablespoon coconut oil
270g coconut milk
2 tablespoons lemon juice

1 tablespoon fresh ginger
1/2 cup almond meal
1/2 cup coconut flour/shredded coconut
1 cup banana flour
2 teaspoon baking soda
2 teaspoon cinnamon
1/8 teaspoon sea salt

Extra shredded coconut, chopped walnuts and maple syrup for topping

Method:

1. Preheat the oven to 180 degrees Celsius.
2. Add all ingredients to a food processor. Blend until well combined.
3. Pour mixture into lined baking tin.
4. Sprinkle with the coconut and walnuts, and then pour maple syrup quite generously over the top, as desired.
5. Bake in oven for 60 minutes, or until an inserted skewer comes out dry, and the top is golden (be careful that your topping does not catch and burn – cover with foil if it does start to.)
6. Enjoy!

Glimpsing
Gembles Blog