

CARROT & COCONUT CAKE





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Cake:

1 1/2 cups (220g) grated carrot
1 x 425 g can unsweetened pineapple rings (in juice), drained & chopped
4 large free range eggs
1/4 cup (60ml) melted coconut oil
2 tbsp (40ml) pure maple syrup
1/2 cup (60g) coconut flour

1/2 cup (45g) organic desiccated coconut extra
1 1/2 tsp (4g) baking powder
1/2 tsp cinnamon
1/2 tsp vanilla bean powder/ vanilla extract
1/4 tsp ground nutmeg

Frosting:

1 x 400ml can premium/ full fat coconut milk/cream, refrigerated overnight*
1 tbsp pure maple syrup, 6 drops

stevia concentrate or natural sweetener of choice
2 tsp lemon juice (optional)*
1/4 tsp ground nutmeg

1. Pre-heat fan-forced oven to 175°C.
2. In your blender (I use a Vitamix) blend wet ingredients (carrot, pineapple, eggs and coconut oil) on variable speed 1 for approx 10-15 seconds or until mixture is combined (be careful not to over-blend; some texture is ok).
3. In a mixing bowl combine dry ingredients coconut flour, coconut, baking powder, cinnamon, vanilla and nutmeg.
4. Pour wet mixture into dry mix and combine well.
5. Pour cake batter into a lined loaf tin and bake in oven for 1 hour 15 minutes or until cooked through. Allow to cool on a baking tray.
6. Take out can of coconut milk from refrigerator. Do not shake. Scoop out coconut cream solids that have risen to the top and add to a large mixing bowl. Keep remaining coconut water/liquid for another use (great to add to smoothies or in place of milk in cooking). Add maple syrup and lemon juice and beat with electric mixer until cream thickens (can take up to 5 minutes). Keep in fridge until cake is cooled.
7. Once cake is cooled spread coconut cream frosting over top and sprinkle with extra coconut.
8. Keep in fridge until ready to serve.

Recipe Tips:

To make the icing you will need to place a can of coconut cream into your fridge over night. I keep a couple of jars in my Mitsubishi Electric Refrigerator fridge for recipes just like this were you can whip up a quick, easy and healthy frosting without fuss in minutes. Simply scoop out the coconut cream solids that rise to the top and whip with electric beaters to thicken.