



RAW CARROT CAKE

Cake:

2 large carrots peeled
1.5 cups coconut flour
1 cup dates
1 cup dried pineapple or dried apricots
½ cup dried coconut
½ teaspoon cinnamon 3 cups grated purple/white flesh sweet potato

Frosting:

2 cups cashews, soaked for a few hours
1-2 tablespoons lemon juice
2 tablespoons coconut oil (melted or liquid)
1/3 cup maple syrup
Water, as needed

Make the frosting first – put all ingredients into a food processor or blender until smooth, adding as little water as possible – do the taste test here – place in bowl and set aside.

Cut the carrots into small pieces and place all the cake ingredients into a food processor and pulse until the mixture is all in small pieces and sticks together.

To assemble – press half of the cake mixture into the bottom of a spring form pan – then spread 1/3 of the frosting on top - place in the freezer until frosting is hard – then remove and press the rest of the cake mix on top – you can frost the top now or wait until ready to service (I put mine back in the fridge for a few hours or overnight before frosting again)

TIPS :

- You could add a layer of mango puree, berry puree, or even banana puree in between.
- Garnish with some crushed walnuts, pastachios, edible flowers, grated carrot, coconut or even some banana.

Enjoy!!!