

Raw Carrot Cake

This cake is fresh perfect for a summer party when you don't feel like firing up the oven. Yet, if it is mid-winter don't pass up a chance to load up on all the nutrients that this cake has to offer.



Prep time
30 min

Cook time
0 min

Ingredients

Cake

3 dried figs, diced
7 dried apricots, diced
1 kg carrots, peeled and finely shredded
½ cup pecans or walnuts, chopped
⅓ cup cashews, grounded
¾ cup shredded coconut
1.5 Tbsp cinnamon
½ tsp cardamom
¼ tsp nutmeg
Thumb size piece of fresh ginger minced
juice from ½ lemon
pinch of salt

Topping

1 avocado
⅓ cup cocoa powder
¼ cup Oat milk
2 Tbsp maple syrup
2 Tbsp melted coconut oil

Serves 8-10

Directions

Cake

1. Soak the figs and apricots in just enough boiling water to cover them and set aside.
2. Gently squeeze out some (not all) of the juice from the carrots and set aside.
3. Mix in the ground cashews, chopped walnuts and coconut with the shredded carrots.
4. Once well blended add the cinnamon, cardamom, nutmeg, ginger, and salt.
5. Remove the apricots and figs from the water (set aside) and add the fruit into the mixture along with the lemon juice.
6. The mixture should be moist. If it is a little dry add back in some of the carrot juice or the liquid from soaking the dried fruit.
7. Press the mixture into a spring form pan.

Topping

1. In the blender mix the peeled and pitted avocado, cocoa powder, oat milk, maple syrup and coconut oil.
2. Blend on high until smooth and creamy.
3. Spoon over the cake and smooth out the top.
4. Refrigerate about 2 hours.

Food News

Who doesn't like carrots? They are great raw, diced, sliced, sautéed or baked. They are also packed with nutrients that our bodies need. They get their color from the beta-carotene they contain. Carrots have more beta-carotene than any other vegetable.

The heaviest carrot ever recorded was nearly 19 pounds. And to date the longest was measured to be just over 19 feet in the UK in 2007.



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