



TREAT
OF
THE
WEEK

VEGAN CARROT CAKE WITH CREAMY ICING

INGREDIENTS

- 220g gluten free flour
- 1,5 tsp baking powder
- 1/2 tsp cinnamon
- 1/2 nutmeg
- 1/2 ginger powder
- 100 apple puree (2 apples)
- 200ml almond milk
- pinch of vanilla
- 6 Tbsp melted coconut oil
- 4 Tbsp maple syrup
- 3 grated carrots
- 50g chopped Medjool dates
- 100g chopped walnuts

ICING:

- 80g soaked cashew nuts
- 1 tsp maple syrup
- 3Tbsp almond milk
- lemon juice
- cinnamon
- vanilla

PREPARATION

1. Preheat oven to 180°C and start to prepare the apple puree. Peel 2 apples, remove the core and seeds, cut in chunks and boil with 2 Tbsp of water covered for 3 min. Then put them in a blender to get a puree.
2. In a big bowl mix all the dry ingredients - flour, baking powder, cinnamon, nutmeg, ginger and vanilla.
3. In another bowl mix all the liquid ingredients - almond milk, coconut oil, apple puree, maple syrup.
4. Combine all together, add carrots, dates and walnuts and give it a good stir again.
5. Pour the batter in a form of your choice and bake for about 20min or until nice and golden. Make a fork test - if the fork comes out dry, the cake is ready.
6. While the cake is baking, blend all the ingredients for the icing and put in the fridge.
7. When the cake cools down, top with the icing and sprinkle with grated orange zest.