



Raw Carrot Cake

Cake

2 ½ cups ground Brazil nuts
2 cups meat from coconut or 2 cups desiccated coconut
1 cup coconut flour
1 ½ cups carrot juice
2 cups carrot pulp (left over from juice)
½ cups honey
½ cup pitted dates soaked for 1/2 hour
1/8 cup grated ginger
2 Tbsp psyllium husks
1 ½ tsp ground cinnamon
½ tsp ground cardamom
1 tsp nutmeg
½ cup sultanas

Raw Icing

1 ½ cups cashews soaked for minimum 2 hours
2-3 pitted dates
½ cup orange juice
1Tbsp orange rind
1 Tbsp lemon rind

1. Blend all ingredients together leaving sultanas and psyllium until the end.
2. Line the bottom of a spring form cake tin with coconut.
3. Spoon all ingredients into tin pressing lightly down onto the mixture and place in fridge whilst making the icing.
4. Blend icing ingredients on high until smooth.
5. Take cake out of the tin and place on serving plate. Top with icing.

