

Carrot Cake with Lemon Frosting

Serves 8

A spiced carrot cake is irresistible – but the usual version is full of sugar and wheat flour. This alternative is aromatic and rich with delicious carrot and walnuts and none of those other nasties.

2 eggs (organic or biodynamic if possible), lightly whisked

⅓ cup maple syrup

½ cup melted coconut oil

⅓ cup coconut flour

½ cup arrowroot

1 teaspoon bicarbonate of soda

1 teaspoon mixed spice

1 cup coarsely grated carrot

⅓ cup chopped walnuts, plus extra walnut halves, to serve

Lemon Frosting (see recipe on page 142)

flaked coconut, to serve

1. Preheat your oven to 180°C/160°C fan-forced, then line the base and side of an 18 cm round cake pan with non-stick baking paper.

2. Combine the eggs, maple syrup, coconut oil, flour, arrowroot, bicarbonate of soda, mixed spice, carrot and chopped walnuts in a bowl and stir until smooth. Spoon into the prepared pan and level the surface. Bake for 30–35 minutes or until cooked – a skewer inserted in the centre will come out clean. Cool in the pan.

3. Transfer the cake to a serving plate. Spread the top with lemon frosting. Top with the extra walnuts and the flaked coconut to serve.