

# Healthy Carrot Cake with Lemon Yoghurt Frosting (GF)



## RECIPE OF THE WEEK : AFFORDABLE WHOLEFOODS

This weeks recipe of the week has been shared with us by recipe creator Tristen Van Der Kley from Balanced Body Nutrition – a delicious healthy carrot cake with an almond meal and coconut base. Super YUM and easy to make.

### **Ingredients:**

2 cups natural almond meal

2 cups carrot grated

1/2 cup unsweetened coconut flakes

1/2 cup of walnuts chopped and extra 1/4 cup for decoration (finely chopped)

4 tablespoons Natural Sugar Free Sweetener (Tris uses Nuvia)

1/2 teaspoon gluten free baking powder

1 teaspoon bicarb soda

1/4 teaspoon Celtic sea salt

1 teaspoon cinnamon ground

1/2 teaspoon nutmeg ground

3 eggs beaten

1/4 cup + 1 tablespoon of Olive Oil (Tris uses a light olive oil for baking)

1/2 cup of full fat coconut milk

### **Frosting:**

200g Greek Yoghurt

1/4 lemon, zest and juice

1-2 tablespoons of Natural Sugar Free Sweetener (see above)

**Method:**

1. Preheat your oven to 170°C and grease an 18-24cm cake tin with butter (Tris prefers to use organic grass fed - Organic Times from the AW fridge fits in this category for our locals)
2. Combine all the dry ingredients together in a mixing bowl.
3. Place the eggs, olive oil and coconut milk in a separate bowl and whisk until well combined, then add to the dry ingredients again mixing well.
4. Pour the mix into the greased cake tin and smooth down the top with the wooden spoon.
5. Bake in the oven 30-35 minutes until cooked through (tip: insert a skewer into the middle of the cake to test - if it comes out clean it's ready). Once cooked, transfer to a rack and allow to cool.
6. Combine the ingredients for frosting adding the Nuvia sweetener to taste. Keep the frosting in the fridge until you are ready to ice the cake.
7. Serve and enjoy!

**Gluten Free | Refined Sugar Free**

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