HEALTHY CARROT CAKE

INGREDIENTS (SERVES 16)

- 500 g (17 ½ oz) grated carrots
- 3 organic eggs
- 2 teaspoons vanilla extract or paste
- 2 teaspoons cinnamon
- ½ teaspoon nutmeg
- 300 g (10 ½ oz) almond meal
- 60 ml (2 fl oz) macadamia nut oil or your choice of extra virgin olive oil or quality butter
- 160 g (5 ½ oz) organic maple syrup, raw honey or date syrup
  1 cup raisins
- 2 teaspoons gluten free baking powder
- Greek style yoghurt or vanilla frosting to serve

METHOD

1. **Preheat** your oven to 160 C / 320 F.
2. **Combine** carrot, eggs, vanilla, cinnamon, nutmeg, almond meal, oil, honey, raisins and baking powder.
3. **Mix** well until combined.
4. **Pour** into a prepared 20 cm baking tin.
5. **Bake** for 1 – 1 ½ hours or until cooked through.
   Cover if necessary with foil.
6. **Remove** from the oven and cool completely in the tin then turn out.
7. **Serve** alone or topped with Greek style yoghurt or vanilla frosting.
8. **Keeps** in the fridge for up to 5 days – it freezes well too!