



## Carrot Cake (Gluten Free, Grain Free)

Active Time: 20 minutes | Total Time: 1 hour | Serves: 24

### Nutrition Information Per Serving

171.6 calories, 11.17 g carbohydrate, 2.58 g fiber, 8.59 g NET carbs, 5.02 g protein, 13.14 g fat

### Ingredients

- 6 medium(s) organic carrots, grated
- 5 large(s) organic eggs
- 1 1/2 tsp(s) sea salt
- 4 Tbsp(s) organic virgin coconut oil
- 2 tsp(s) organic nutmeg
- 1 Tbsp organic cinnamon
- 1 cup organic walnuts, roughly chopped
- 3 cup(s) blanched organic almond flour
- 1 tsp baking soda
- 8 Tbsp(s) organic honey

### Preparation

1. Preheat oven to 325 degrees F. Grease two 9" pans and line the bottoms with unbleached parchment paper. Alternately, prepare two muffin tins with liners for cupcakes.
2. In a large bowl, combine almond flour, salt, baking soda and spices.
3. In a separate bowl, whisk together eggs, honey and oil.
4. Mix wet ingredients into dry ingredients. Fold in the nuts and carrots.
5. Pour batter into prepared pans.
6. Bake for 35 minutes for cake; 15-18 for cupcakes, or until a toothpick inserted into the center comes out clean.
7. Cool, and frost if desired with Cream Cheese Frosting, Coconut Cream Frosting or Cashew Cream Frosting.
8. NOTE: Original recipe yields 24 servings (Two 9" cakes or 24 cupcakes)

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