

# Carrot Cake with Cream Cheese Frosting



## CAKE INGREDIENTS

- 1 1/2 cups flour—3/4C Almond and 3/4C Garbanzo bean flour
  - 2 tsp cinnamon
  - 1 tsp nutmeg
  - 2 tsp baking soda
  - 1/2 tsp salt
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- 3 Eggs
  - 1/2 cup butter, softened to room temp.
  - 1/4 cup unsweetened apple sauce
  - 1/2 cup milk of choice
  - 3/4 cup low glycemic sweetener of choice equal to 3/4C sugar
  - 2 tsp vanilla
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- 1 cup unsweetened crushed pineapple, well drained
  - 2 cups carrots, grated
  - 1/2 cup pecans, chopped. (Plus a few extra for garnish on top.)

\* **“Fold” defined:**  
Folding is a technique to 'blend'. You don't stir. To fold you take part of the mixture and bring up and over, thus folding. Continue this until mixed well.

## CAKE DIRECTIONS

1. Preheat oven to 350 degrees (325 degrees if using glass baking dish).
2. Sift together into a mixing bowl the first five cake ingredients and set aside.
3. Use an electric mixer to beat the eggs.
4. Mix in the remaining five middle ingredients.
5. Fold the flour mixture into the egg mixture.
6. Add the final 3 ingredients.
7. Line a 9 x 13 baking dish with parchment paper, or “grease” with butter (do NOT use Crisco)
8. Pour in mixture and bake for 30-35minutes or until a toothpick comes out clean when inserted.
9. Refrigerate to cool before frosting. Garnish and decorate top with chopped nuts.
10. Cut into 3”x3” squares and serve. *(Any leftover cake should be kept refrigerated.)*

## FROSTING

Blend together the below frosting ingredients and refrigerate while baking cake.

- 8 oz. **Cream Cheese**, softened *(Do NOT use “fat-free.”)*
- 1/4 Stick **Butter**, softened to room temperature. (Ideally grass fed.)
- 8 oz. **Vanilla Greek Yogurt** *(FAGE brand or your favorite THICK texture yogurt.)*
- 1/3 cup low glycemic sweetener of choice equivalent to 3/4C sugar