

Healthy Carrot Cake

Course: **Cakes**

Servings	Prep time	Cooking time	Total time
6-8 servings	15 minutes	35 minutes	50 minutes

Ingredients

For the Cake:

- 250 g (2 cups) grated carrots
- 125 g (½ cup) softened butter or coconut oil
- 80 g (⅓ cup) coconut sugar or maple syrup
- 1 pinch salt
- 1 pinch ground vanilla
- 2 eggs
- ½ tsp cinnamon
- 60 g (½ cup) ground almonds
- 40 g (⅓ cup) ground hazelnuts
- 125 g (1 cup) whole wheat flour or spelt flour
- 1 tsp apple cider vinegar
- 1.5 tsp baking powder
- ½ tsp baking soda

For the Cream Cheese Frosting:

- 200 g (¾ cup) cream cheese (light or vegan)
- 60 g (½ cup) powdered sugar
- 1 splash lemon juice
- 1 pinch ground vanilla

Directions

- Preheat & Prep:** Preheat your oven to **175°C (350°F)** and grease a cake pan.
- Mix Dry Ingredients:** In a bowl, whisk together **flour, baking powder, baking soda, cinnamon, almonds, and hazelnuts.**

- 3 Mix Wet Ingredients:** In another bowl, beat together **butter (or coconut oil), coconut sugar, eggs, vanilla, salt, and apple cider vinegar**.
- 4 Combine & Fold:** Gradually mix the dry ingredients into the wet ingredients, then fold in the **grated carrots**.
- 5 Bake:** Pour the batter into the prepared pan and bake for **30–35 minutes**, or until a toothpick inserted in the center comes out clean.
- 6 Prepare the Frosting:** While the cake cools, mix together **cream cheese, powdered sugar, lemon juice, and vanilla** until smooth.
- 7 Assemble & Decorate:** Once the cake is completely cool, spread the frosting evenly on top and decorate with **pistachios, marzipan carrots, and sprinkles**.