

Heart Healthy Carrot Cake

Ingredients:

- 100g Wholemeal spelt flour
- 1 tsp baking powder
- 2 heaped tbsp rice bran
- 2 tsp cinnamon
- ½ tsp nutmeg
- 50g desiccated coconut
- 50g walnuts or pistachio nuts (raw)
- 25g pumpkin seeds
- 180g grated carrot
- 2 eggs
- 75ml coconut oil
- 60g xylitol
- 35g pure Canadian maple syrup
- 3 tbsp milk (soy, oat, almond or otherwise)

Method:

Preheat the oven to 180°C & line the base of a greased loaf tin with baking paper.

Mix together the flour, baking powder, rice bran, spices, coconut and nuts & seeds in a large bowl.

Melt the coconut oil if necessary, and stir in the xylitol, carrot, milk and the eggs. Mix thoroughly.

Pour the wet ingredients into the dry and stir until combined.

Tip the cake mix into the loaf tin and bake for around 40 minutes or until a skewer inserted into the centre of the cake comes out clean (the cooking time will depend on your oven, if you have a fan forced oven, you may wish to reduce the heat to 170°C to prevent burning).

The above recipe is courtesy of my friend and naturopath, Mel.