

Delicious Raw Carrot Cake



I've been going to try my hand at making a raw carrot cake for the past year or so. Is this called procrastination ... ? Be that as it may, I finally decided to do it, so I searched for various recipes and then as usual, I end up slightly tweaking them by adjusting ingredients. This was my first attempt, and yes, it is delicious and one I'll make again.

Raw Carrot Cake Ingredients:

Equipment Needed: Food processor and high-speed blender

Yield: 8 pieces

Ingredients:**Cake:**

- 1 cup shredded carrots
- 1 cup walnuts
- 3/4 cup [date paste](#)
- 1/2 cup unsweetened coconut flakes
- 1/4 cup coconut oil melted
- 1/4 cup coconut flour
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/4 teaspoon nutmeg

Frosting:

- 1 cup cashews soaked in water 20 minutes
- 1/4 cup unsweetened coconut milk
- 2 tablespoon [date paste](#) or maple syrup
- 1 teaspoon vanilla extract

Walnut pieces for topping

Preparation Steps:

1. Using a food processor, shred or process carrots into small tiny pieces.
2. Using a food processor, combine walnuts, date paste, shredded carrot, ginger, nutmeg, cinnamon, coconut flour, and coconut flakes together and combine until mixed together.
3. Add melted coconut oil and mix well.
4. Line a loaf pan or glass pan with parchment paper vertical and horizontal so you can pull up the cake easily once set.
5. Firmly place cake mixture in the pan and place in the freezer while you make the icing.
6. Using high speed blender, add soaked cashews, coconut milk, maple syrup, and vanilla extract. Blend until a silky smooth. Add more cashews or liquid if necessary.
7. Remove cake the loaf pan and spread the frosting over top of cake, and side edges if you prefer.
8. Sprinkle with walnut pieces and gently pat walnuts into frosting.
9. Place the cake back in the freezer, for 4 hours minimum (overnight is fine).

10. Remove, cut into pieces, and serve (allow to set for 10 minutes or so before eating).
11. Store in refrigerator or keep in freezer.



Firmly pack in pan lined with parchment paper.



Remove from freezer, gently lift cake and parchment paper from pan and spread frosting, top with nuts.