



VEGAN CARROT AND WALNUT CAKE

This weeks recipe of the Week comes again from our Instagram style master Meg Phillips. Having a Vegan diet herself, Megs recipes are always free of animal products as she's mastered the art of cooking without eggs. This cake is super moist and delicious, enjoy.

Ingredients:

3 cups of gluten free self raising flour

1 tablespoon gluten free baking powder

1 cup organic coconut sugar

3/4 cup coconut oil, melted

1 and 3/4 cups almond milk

4 carrots, peeled and grated

a handful of chopped walnuts plus additional to garnish

Method:

Preheat the oven to 180 degrees celsius

Sift the flour into a bowl and add the baking powder and coconut sugar

Pour in the coconut oil and almond milk and mix with an electric beater until smooth and well mixed

Add the carrot and walnuts and fold in with a spoon

Pour into a circular cake tin and bake in the oven for 45 minutes or until a knife comes out clean when poked into the centre

Allow to cool before icing

For the Icing:

2 cans of coconut cream (do no shake them) chilled in the fridge overnight

1 cup coconut sugar

3 tablespoons of cacao butter, melted

Method:

Scoop the coconut cream from the top of the two opened coconut cream tins and place in a bowl (the coconut cream should have separated and come to the top of the tin during the cooling process)

Using an electric mixer, beat the coconut cream on high speed for at least 15 minutes

Add the cacao butter and coconut sugar and beat for another 5 minutes

Set in the freezer for roughly 30 minutes then remove from the freezer and beat again after 15 minutes (depending on climate it may thicken quickly or take a little longer)

Once the cream is thick enough to pour over the cake, do so and add the chopped walnuts and any fresh fruit you desire. Enjoy.

Gluten Free | Dairy Free | Vegan