GLUTEN FREE CARROT CAKE WITH COCONUT MAPLE FROSTING

We took the original inspiration for this recipe from **Jamie Olivers gluten free collection,** *modifying it to be dairy free as well. The result was super delicious. The olive oil made it really moist and gave it real depth of flavour. This is the healthiest carrot cake we have ever made/eaten, and the maple coconut frosting – delicious, not overly sweet and so easy to make. Thanks J.O. for the inspiration.*

Ingredients:

225 g gluten free plain flour, plus extra for dusting

1 teaspoon baking powder

2 large free-range eggs

125 g soft brown sugar

125 ml sunflower or olive oil

½ teaspoons ground nutmeg

1 teaspoon ground cinnamon

200 g carrots

50 g chopped walnuts

Method:

Preheat the oven to 190ºC/375ºF/gas 5. Line a spring form cake tin (roughly 20cm) with grease proof paper, then dust the sides with gluten-free flour.
Lightly beat the eggs in a large bowl, add the sugar and oil, then mix to combine. Sieve in the

flour and spices, then fold through. Peel and grate the carrots, then stir into the mixture with the walnuts.

Pour the mixture into the prepared cake tin, then place on the middle shelf of the oven for 30 to 35 minutes, or until golden and an inserted skewer comes out clean. Leave the cake to cool in the tin for around 5 minutes, before turning it out onto a wire cooling rack to cool completely.

Coconut Maple Frosting

Ingredients:

400 ml coconut cream

1 tablespoon maple syrup

1 teaspoon vanilla essence

Method

Put your can of coconut cream in the freezer overnight.
Open and scoop out the solid cream only, leaving the water coconut milk.
Mix the cream with the maple syrup and vanilla in a bowl using an electric beater to whip into the consistency you like.

Gluten Free | Dairy Free

If you like this recipe you might also like our G/F Vegan Fig, Pear & Goji Berry Cake