
Raw Carrot Cake

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

For the raw carrot cake:

- 3/4 cup soft dates
- 1/4 cup orange juice (or water)
- 2 cups carrots, finely grated
- 1 cup walnuts, finely chopped
- 1/2 tsp nutmeg
- 1 tsp cinnamon
- 3/4 tsp ginger
- 1/4 tsp salt
- 1/3 cup desiccated coconut

For the frosting:

- 1/2 cup raw cashews, soaked for 3 hours
- 1/4 cup coconut oil
- 1/4 cup coconut milk
- 1 tbsp honey
- 1 tsp vanilla extract
- pinch of salt
- 1/4 tsp orange zest (optional)

Instructions:

To make the cake:

1. Pour some boiling water on the dates in a small bowl, and let soften. Drain then mash to make a paste.
2. Thoroughly mix the remaining cake ingredients with the date paste in a large bowl.
3. Transfer the mixture to a lined springform cake pan or muffin pan and place in the fridge to set while you make the frosting. When filling muffin liners, leave some space for the frosting.

To make the frosting:

1. Place all the frosting ingredients in a high speed blender and blend until smooth.
2. You have two options here – either place the frosting in the fridge until it is thick enough to spread on to your cake, or pour onto the cake and let set all together in the fridge.

Garnish the cake with a dusting of cinnamon or nutmeg. If you have a dehydrator, shape the mixture into mini cakes or 1 large cake and dehydrate at 115 degrees F for 8-12 hours before adding the frosting.