

Vegan Carrot Cake

Ingredients:

- 2 cups whole grain flour
- 1/2-3/4 cup brown sugar or coconut sugar (depending on your taste preference)
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 2 teaspoons cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cardamom
- 1/2 teaspoon ground ginger
- 1 cup applesauce, unsweetened
- 2 cups carrots, shredded
- 3/4 cup soy milk
- 1 tablespoon lemon juice
- 2 tablespoons flax seed meal
- 6 tablespoons water
- 1/2 cup raisins
- 1/3 cup walnuts, chopped

Frosting Ingredients

- 1 cup cashews, soaked
- 2-3 tablespoons brown sugar or coconut sugar
- 1/4 cup soy milk
- 1-2 teaspoons lemon juice
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla

Directions

1. Preheat oven to 350°F
2. Prepare your 8 or 9-inch non-stick pan (line it with parchment paper if you don't have non-stick bakeware).
3. Whisk together flaxseeds and water; let sit for about 5 minutes to thicken.
4. Peel and shred carrots in a food processor or grater.
5. Place all dry ingredients into a medium-sized bowl and mix.
6. In another bowl, whisk together the wet ingredients until well combined (adding the egg in as well), then fold the dry ingredients into the wet ingredients without overmixing the batter.
7. Fold in the raisins and walnuts.
8. Pour the batter into your pan, level the top with the back of a spatula.
9. Bake for approximately 35 minutes.
10. Remove from the oven and let cool for 5 minutes. Remove cake from pan and place it on a cooling rack.
11. For the frosting, soak the cashews in boiling water for (around 2-4 hours, depending on how much time you have).
12. Drain and wash cashews, place in a blender with the rest of the ingredients. Blend until smooth, more soy milk if needed. Should be the consistency of thick cream cheese. Once the carrot cake has cooled, frost.
13. Top with chopped nuts and cinnamon for decoration.

Nutrition Facts

Serving Size 1 piece (114g)
Servings Per Container 12

Amount Per Serving

Calories 250 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 230mg **10%**

Total Carbohydrate 40g **13%**

Dietary Fiber 4g **16%**

Sugars 19g

Protein 6g

Vitamin A 30% • **Vitamin C 20%**

Calcium 6% • **Iron 10%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

