

Carrot Cake



Serves 24

Ingredients:

For Cake:

- 4 cups almond flour*
- 1 $\frac{1}{2}$ -2 cups low-carb sweetener
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- $\frac{1}{2}$ teaspoons salt
- 1 tablespoons cinnamon
- $\frac{1}{2}$ teaspoon ground ginger

- 1/4 teaspoon ground nutmeg
- 1 tablespoon vanilla extract
- 1/4 cup MCT oil or melted coconut oil
- 4 eggs
- 1/2 cup sour cream
- 1/2 pound finely chopped carrots
- 1 cup chopped pecans
- 1/2 to 1 cup unsweetened, finely shredded coconut (optional)

For Frosting:

- 1/4 cup butter-softened
- 8 ounces cream cheese- softened
- 1 teaspoon vanilla extract
- Low-carb sweetener, to taste

Instructions:

1. Preheat oven to 350°F and spray a 9 x 13-inch cake pan with cooking spray.
2. In large bowl, combine dry ingredients and stir.
3. In a separate bowl, beat egg, vanilla, and oil together. Add to dry ingredients along with sour cream and mix well.
4. Stir in carrots and pecans (and coconut, if using).
5. Pour into prepared pan. If the batter is too thick you can add water until it is thin enough to pour.
6. Bake for 35-40 minutes and let cool completely.

To make the frosting:

1. Combine butter, cream cheese, vanilla, and sweetener, and whisk until smooth.
2. Sweeten to taste and frost cake.

Note:

*You may substitute some almond flour for ground flax or coconut flour. If using coconut flour, add at least 2 tablespoons of water to the batter.

Nutrition per serving: Calories 257; Total Fat 23.6 g; Saturated Fat 8.5 g; Monounsaturated Fat 9.8 g; Polyunsaturated Fat 3.6 g; Total Carbohydrates 27.0 g; Dietary Fiber 3.3 g; Sugar Alcohols 20.2 g; Sugars 2.3 g; Protein 6.3 g; Sodium 266 mg