



Vegan Carrot Cake with Cashew Cream Cheese Frosting

Makes one 9 x 13 inch cake.

For all ingredients,

please consider using those that are grown organically.

- 2 cups unbleached all-purpose flour
- 2 cups sugar
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 2 teaspoons baking powder
- 3 tablespoons potato starch
- 1 cup canola oil
- 2 teaspoons vanilla extract
- 1 1/2 cups carrots, pureed
- 1 cup applesauce, unsweetened
- 1 cup shredded coconut, unsweetened
- 1 cup canned crushed pineapple, unsweetened and completely drained (about 1 can)
- 1 cup walnuts, coarsely chopped

Cashew Cream Cheese Frosting

It is best to prepare this frosting at least 4 hours in advance as you must allow 4-8 hours for the cashews to soak.

- 2 cups raw cashews
 - 1/4 teaspoon sea salt
 - 1 teaspoon apple cider vinegar
 - 1/4 cup purified water
 - 1 cup confectioners sugar
 - 1 lemon, juice and zest
1. Plan ahead to prepare the frosting. Soak the cashews in water the night before making this cake. If you do not remember to do it the night before, allow 4-8 hours for the nuts to soak.
 2. Preheat the oven to 350 F.
 3. Line a 9 x 13 inch baking pan with parchment paper and lightly spray or grease the parchment.
 4. In a large bowl, combine the flour, sugar, baking soda, cinnamon, baking powder, and potato starch. Whisk together to blend completely.
 5. In a medium size bowl, combine the pureed carrots, applesauce, coconut, and pineapple.
 6. Measure the oil and vanilla, and add to the dry ingredients. Whisk to blend completely.
 7. Add the carrot and pineapple mixture to the batter. Gently stir to completely blend. Fold in the walnuts.
 8. Pour the batter into the prepared cake pan and bake for 50-60 minutes. When the cake is finished, it will be golden brown and a toothpick inserted in the center of the cake will come out clean.
 9. Remove the cake from the oven and cool completely before removing it from the pan or cutting.

10. Prepare the frosting. Drain the soaking water from the cashews. Put the softened nuts into the bowl of a high speed blender with 1/4 cup of water, a pinch of salt, and apple cider vinegar. Blend until velvety smooth just as you would making cashew sour cream. At this point, the mixture can be used as a thickener or base for soups, sauces, or toppings.

11. Whisk the confectioner's sugar into the nut cream until creamy. Whisk in the lemon juice and zest a little at a time until you achieve the right amount of tartness. Refrigerate for as many as 5 days in an airtight container.

12. To frost or not to frost. This cake is in no need of the frosting as it is moist and sweet enough on its own or with a dusting of confectioner's sugar. If you are having trouble deciding what to do and don't want to frost the whole cake, cut the frosting recipe in half, slice the cake into squares, and frost only half of them as you would a cupcake.

13. Serve at room temperature and store covered at room temperature or refrigerated.



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