

Flora Raw Carrot Cake

Here is a healthy sweet raw treat using Flora Probiotics products.

Firstly, you need to have some of your favourite Flora Probiotics liquid handy for soaking the nuts in this recipe overnight. Soaking the nuts helps to break down naturally occurring in phytates and other anti-nutritional compounds. Place walnuts for the cake and cashews for the frosting in separate bowls the night before and cover with your favourite Flora Probiotics liquid. Use enough liquid to cover over 3cms above the nuts as they soak up the liquid. Cover bowls and soak overnight. Using a mesh strainer, drain the nuts well before adding to the recipe.

Cake Ingredients:

- 3 large carrots
- 1 cup pitted medjool dates
- 1 cup raw walnuts soaked in Flora Probiotics liquid
- 2/3 cup shredded coconut
- 1 tblsp your favourite Flora Probiotics powder
- 2 tblsp Flora Probiotics Organic Hempseed Sprinkle
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground nutmeg
- 1/2 cup raisins (optional)



Frosting Ingredients:

- 2 cups raw cashews, soaked in Flora Probiotics liquid
- 2/3 cup coconut oil, melted
- Flora Probiotics liquid (use more or less to achieve desired consistency)
- 1/3 cup maple syrup
- 2 tsp Vanilla extract
- 1 tblsp lemon juice

To make the frosting: Place all ingredients into the blender except the Flora Probiotics liquid. Slowly add the liquid to reach the desired consistency—remember due to the coconut oil, it will set harder when cool. Blend until silky smooth, scraping down the sides a few times to make sure there are no lumps. Place frosting in a bowl and set aside.

To make the cake: Cut the carrots into small chunks. Then place all the ingredients (including the carrots) in your food processor and pulse until it's combined.

Assembly: Press half the cake mix into the bottom of an adjustable spring-form pan— we used a 20cm size. Press into an even layer and put in freezer till firm. Next, spread on about 1/3 of the frosting. Put it in the freezer until the layer of frosting is hard. Then press on the rest of the cake mix. Place back into the freezer until set then spread frosting over the top of the cake. Place back in fridge until set or refrigerate overnight. Remove from Spring pan.

Before serving, garnish with toasted shredded coconut and extra nuts.

This recipe also works well made as mini muffins using muffin tins with a layer of frosting just on the top. Or you could try adding a layer of your favourite biscuit base. You can have some fun adjusting the ingredients and experimenting to make your own creation.