# Allergy Friendly Carrot Cake - Allergylicious
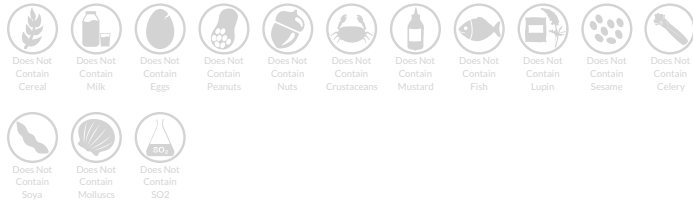
erudus

## Ingredients

| Product | Quantity |
|---|---|
| 342g Gluten Free Flour | 342.00 g |
| 2 Tsps Baking Powder (Dr Oetker Gluten Free) | 10.00 g |
| 1 Tsp Baking Soda | 5.00 g |
| 1 Tbsp Ground Cinnamon | 7.90 g |
| 1/2 Tsp Salt | 2.50 g |
| 1/2 Tsp Ground Ginger | 2.50 g |
| 1/4 Tsp Ground Nutmeg | 1.25 g |
| Tiana Fairtrade Organics The World's Premier Raw Extra Virgin Coconut Oil 350ml | 180.00 g |
| 256g Whitworths Light Soft Brown Sugar | 256.00 g |
| 2 Tsp Pure Vanilla | 8.40 g |
| 3 Cups Shredded/ Finely Chopped Carrot (6 Carrots) | 366.00 g |
| 4 Flax Eggs (1/4 Cup of Organic Milled Golden Flaxseed + 3/4 Cup of Water, Mixed) | 40.00 g |
| 4 Cups of Whitworths Icing Sugar | 400.00 g |
| 113g Flora Dairy Free Spread | 113.00 g |
| 3 Tbsps of Cocofresh Coconut Milk | 45.00 g |

**Serves:** 16

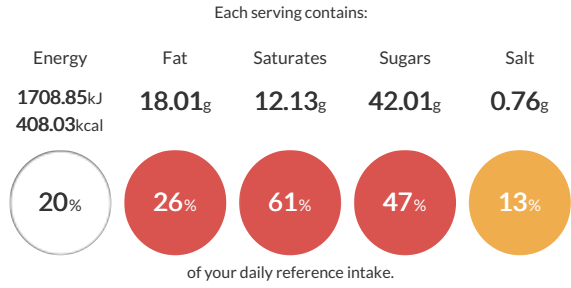## Allergy Information

Key: Contains | May Contain

Does Not Contain Cereal · Does Not Contain Milk · Does Not Contain Eggs · Does Not Contain Peanuts · Does Not Contain Nuts · Does Not Contain Crustaceans · Does Not Contain Mustard · Does Not Contain Fish · Does Not Contain Lupin · Does Not Contain Sesame · Does Not Contain Celery

Does Not Contain Soya · Does Not Contain Molluscs · Does Not Contain SO2

## Dietary Information

Key: Suitable for

May not be suitable for Vegetarian · May not be suitable for Vegan · May not be suitable for Kosher · May not be suitable for Halal

## Reference Intake

Each serving contains:

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 1708.85 kJ 408.03 kcal | 18.01 g | 12.13 g | 42.01 g | 0.76 g |
| 20 % | 26 % | 61 % | 47 % | 13 % |

of your daily reference intake.

## Nutritional Summary

| | |
|---|---|
| Energy | 1708.85kJ 408.03kCal |
| Protein | 2.02g |
| Carbohydrates | 59.25g |
| of which sugars | 42.01g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 18.01g |
| of which saturates | 12.13g |
| Fibre | 1.53g |
| Salt | 0.76g |
| Sodium | 0.07g |
| Iron | 0.09mg |
| Calcium | 7.78mg |
| Zinc | 0.05mg |
| Folate | 6.41µg |
| Vitamin A | 8.48µg |
| Vitamin C | 0.92mg |

## Method & Recipe Notes

For the Cake: Preheat the oven to 350°. Spray two 9" round cake pans with non-stick cooking spray then lightly dust with gluten-free flour. In a large mixing bowl, whisk flour, baking powder, baking soda, cinnamon, nutmeg, salt, cloves and ginger until combined. In a small bowl, whisk together the coconut oil, egg replacer, brown sugar, and vanilla extract until combined. In a food processor, finely chop peeled carrots. Add to your wet mixture & mix together to combine. Pour the wet ingredients into the dry and just mix until combined, making sure to incorporate all the dry spots. Pour the cake batter evenly between cake pans. Bake 30-35 minutes or until tops of cake are set and toothpick inserted comes out clean. Remove from oven, transfer to wire rack and let cool completely before frosting. For the Vegan Cream Cheese Frosting: Combine all the ingredients in a bowl of a stand mixer and mix until smooth and combined. Add a little extra creamer if too thick or a little extra powder sugar if too watery.