



# Raw Carrot Cake with Vanilla Orange Cream

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## **Carrot Cake:**

1 heaped cup walnuts

1c oats

1 1/2c dates, soaked in boiling water for 5mins 4 carrots, grated

2 tbsp ground flaxseed

1 tbsp fresh ginger, grated

1 tbsp cinnamon

1 tsp turmeric

juice of half an orange

pinch of salt

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1/4 walnuts, chopped

## **Vanilla Orange Cream:**

2c thick coconut yoghurt zest of 1 orange

1 tbsp maple syrup

1/2 tsp vanilla bean paste

Toppings (optional) Walnuts, chopped Pumpkin Seeds Dried Apricots, diced

## **Method:**

Add walnuts and oats into a blender and blend until you have a fine flour. Add the remaining ingredients and blend until you have a smooth doughy mixture.

Line a 20cm cake tin with plastic wrap and press the cake mixture into the tin, spreading evenly.

Place the cake in the freezer to set for 2hours.

While you cake is setting you can make the coconut cream icing. Add all the ingredients to a bowl and mix until well combined. This can be made in advanced and will store in the fridge for until 2 weeks.

Once the cake is set, spread the icing over the top and sprinkle optional toppings. Store in the fridge for until 1 week.