



✧ Valentine Cakes ✧

For some reason, Valentine's Day always creeps up on me, food-wise. We get to that evening, have a special picnic dinner in front of the fireplace and I have fun food for everyone but me! Not this year! This year I made these darling cakes and they were great!



Heart Pans

I picked up this nice heart muffin pan at World Market and made my favorite Carrot Cake recipe and poured it into these molds. While they were cooking I made the buttercream frosting. The result was delicious and fun! How novel to enjoy some colored, creamy frosting, too!



Carrot Cake

- 3 c. blanched almond flour
- 1 tsp. salt
- 1 tsp. baking soda
- 1 Tbs. cinnamon
- 1 tsp. nutmeg
- 5 eggs
- 1/2 c. honey
- 1/4 c. grape seed oil
- 3 c. carrots, grated
- 1 c. raisins
- 1 c. walnuts (optional)

In a large bowl, combine almond flour, salt, baking soda, cinnamon, and nutmeg. In a separate bowl, thoroughly mix eggs, honey, and oil. Stir carrots, raisins, and walnuts (if using) into wet ingredients. Stir wet ingredients into dry ingredients.

Fill either heart shapes or cupcake liners 3/4 full. Bake in a preheated 325 degree oven for 18-20 minutes, or until a toothpick inserted in the middle comes out clean.



Buttercream Icing

So light and fluffy and sweet, you're going to enjoy this icing! Color it with juice from heated frozen cherries!

Beat until fluffy:

- 3/4 c. palm shortening (I found mine at Sprout's)
- 1/4 c. softened butter
- 1/3 to 1/2 c. honey (to taste)
- 1-1/2 tsp. sugar-free vanilla

- 1-2 Tbs. of cooled juice from heated frozen cherries.

