

Carrot Cake

With Creamy Vanilla Frosting



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. grapeseed 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.

Pour batter into 2 well-buttered, round 9-inch cake pans. Bake at 325 degrees for 35 minutes. Cool to room temperature and spread with Creamy Vanilla Frosting.

Creamy Vanilla Frosting

3 c. homemade SCD yogurt
6 Tbs. butter, at room temperature
3 Tbs. honey
1 tsp. vanilla

Spoon yogurt onto several layers of heavy-duty paper towels; spread to 1/2-inch

thickness. Cover with another layer of paper towels; let stand 5 minutes, turning once. Add more towels if they become saturated. Scrape into a bowl using a rubber spatula. Beat in butter, honey and vanilla. Spread on cake and refrigerate. For added zing, serve topped with dollops of Lemon Curd. (see recipe in Desserts section).

