

# Carrot Cake

12 SERVINGS 40 MINUTES



## INGREDIENTS

1 1/2 cups Almond Flour  
2 tsps Cinnamon  
1 tsp Baking Soda  
1/2 tsp Sea Salt  
1/2 tsp Nutmeg  
3 eas Egg  
1/4 cup Raw Honey  
1 ea Banana  
1 cup Carrot (Shredded)  
1/2 cup Raisins  
1/2 cup Yogurt (Strained, For Frosting)  
1/4 cup Raw Honey (For Frosting)

## DIRECTIONS

- 01 Preheat oven to 350 F.
- 02 Blend all wet ingredients with electric mixture until frothy. Add almond flour and baking soda. Mix until well combined.
- 03 Fold in raisins and fill muffin tin (either greased or with paper cups) 2/3 full.
- 04 Bake for 30 minutes or until toothpick comes out clean.
- 05 Combine frosting ingredients in a separate bowl and frost once cooled.

## NOTES

RECIPE ID 809

SOURCE

Cindy Frei

## NUTRITION

### AMOUNT PER SERVING

Calories	162	Iron	1mg
Fat	9g	Vitamin D	0IU
Carbs	18g	Folate	10µg
Fiber	3g	Magnesium	48mg
Protein	6g	Zinc	0mg
Vitamin C	2mg		