

Healthy Carrot Cake



RECIPE

INGREDIENTS:

- | | |
|---------------------------------------|------------------------------------|
| 3 eggs | 1/2 teaspoon cardamom |
| 2 bananas | 3-4 carrots (medium size, grated) |
| 10 dates (fresh and chopped) | 1/2 cup coconut flakes |
| 6 tablespoons canola or sunflower oil | 1/2 cup chopped walnuts (optional) |
| 1 cup whole wheat flour | 1/2 cup raisins |
| 1 1/2 teaspoons baking powder | 1/2 cup fresh pineapple |
| 3 teaspoons cinnamon | 1/2 cup sugar |
| 1/2 teaspoon nutmeg | |

DIRECTIONS:

1. Preheat the oven to 350 F.
2. Whisk the eggs in a medium-sized bowl.
3. Use a hand mixer or a blender to mix bananas, dates, pineapple, and oil into a thick cream in another bowl.
4. Sift together flour, baking powder, cinnamon, nutmeg, cardamom, and sugar and stir it together with already beaten eggs and the banana cream.
5. Add grated carrots, coconut flakes, walnuts, and raisins and stir it until it all comes together. Pour it into a greased and floured 9 x 13 inch pan. Bake for about 40 minutes. Try to stick a toothpick in the center of the cake. When nothing sticks on it, the cake is ready. Let it cool.
6. Whip together the cream cheese, yogurt, sugar, and vanilla extract. Add the frosting when the cake is completely cooled. Serve with roughly chopped walnuts or almonds on the top.

CREAM CHEESE FROSTING:

- 8-ounce package of light cream cheese, softened
- 1/2 cup vanilla Greek yogurt
- 4 tablespoons honey
- 2 cups confectioners sugar
- 1 teaspoon vanilla extract



READ FOR
SOMEBUNNY

