

Raw Carrot Cake

Makes 2 x 4 inch sized cake

Carrot Cake layer

Ingredients:

2 cup carrot pulp, from juiced carrots

1/4 cup raisins

1 tbsp coconut butter

1/4 cup walnut

1 heaping tbsp shredded coconut

dash of cinnamon

zest of 1/4 orange

* 1/3 cup cranberries

* 1/3 cup pistachio

Transfer the pulp into a food processor with all the ingredients (except cranberry and pistachio) and process until well combined. Then add remaining ingredients and pulse a few times.

Pure into a bowl and place into the fridge about 20 minutes to set.

Coconut Cream layer

Ingredients:

2 cup fresh young coconut meat*

1/4 cup fresh young coconut water

1 cup cashew

1 tbsp lemon juice



1 tbsp coconut nectar
seeds of 1 vanilla bean

Place all ingredients in a food processor or high speed blender and combine on medium-high speed until smooth.

Once the base set, press base mixture (about 1/2 inch thick) into a baking pan lined with baking paper then spread 1/4 part of the cream over the base, then top with carrot layer and finish with another cream layer.

Place the pan in the freezer to set until firm, about one to two hours.

* you can substitute the 2 cup fresh young coconut meat with 2 cup shredded (dried) coconut and 1 cup coconut water - but you must have a high speed blender to do this without will never get it completely smooth.

Enjoy!