



# Carrot *cake*



If banana bread is not “bread” for the hair-splitters, then this one is probably not cake!

It is, however, prized by my friends who have a late breaking disenchantment with gluten and are seeking gluten free recipes that don’t taste like cardboard.

So this is also the start of a sub-series I will do on keeping taste on your plate when avoiding gluten.



**Method:** Prepare spring-form (loose bottom) pan and preheat oven.

Using a food processor, chop prepared carrots so they look finely grated. Ditto slivered almonds, so they are like almond meal (about 350g of meal if you have that instead).

In a medium bowl, beat eggs, vanilla, baking powder, olive oil, honey and spices together.

Tip in carrots, almonds and sultanas. Mix well.



Tip into prepared pan and smooth out the top. Bake at 180°C (fan-forced) for 40 minutes.

**Hints:**

Put the mixing bowl on scales, add ingredients except honey, zero scales. Dribble in honey to the right weight!

A glaze adds to the cake persona – whisk together 2 cups icing sugar and a tablespoon of Greek yoghurt. If needed add more yoghurt but just a touch at a time.

- 500g carrots, peeled and roughly chopped
- 175g slivered almonds
- 3 eggs
- 70ml olive oil or melted butter
- 160g honey
- teaspoon of vanilla essence
- 2 teaspoons baking powder
- 1 teaspoon nutmeg
- cinnamon to taste
- 1 cup sultanas