

RECIPE



This Carrot Cake recipe is a wholesome twist on the classic dessert, combining nutrient-dense ingredients like almond flour, pumpkin seed flour, and organic carrots for a flavorful and moist Bundt cake. Naturally sweetened with monk fruit sugar and packed with warm spices, this cake is both indulgent and nutritious. Perfect for celebrations or a guilt-free treat, it's a dessert that satisfies your sweet tooth while nourishing your body.

My Carrot Cake

Yield: 1 Bundt Cake (10" pan)

Ingredients

2 cups almond flour (plus extra to coat pan)
1 cup pumpkin seed flour
 $\frac{3}{4}$ cup raw walnuts, chopped
1 tsp. baking powder
 $\frac{1}{2}$ tsp. baking soda
1 tsp. kosher salt
1 $\frac{1}{2}$ tsp. ground cinnamon
1 tsp. ground ginger
 $\frac{1}{2}$ tsp. ground nutmeg
Pinch of ground cloves
5 large eggs
1 cup monk fruit sugar
2 tsp. pure vanilla extract
2 cups peeled, shredded organic carrots
 $\frac{1}{3}$ cup coconut oil

Yours to Artful Eating,

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¾ cup shredded unsweetened coconut

½ cup dried blueberries (or other dried fruit)

Instructions

Prepare the Pan: Preheat the oven to 350°F. Coat a 10-inch Bundt pan with nonstick spray and lightly dust with almond flour, tapping out the excess.

Mix Dry Ingredients: In a medium bowl, whisk together almond flour, pumpkin seed flour, baking powder, baking soda, salt, cinnamon, ginger, nutmeg, and cloves.

Beat Eggs and Sweetener: In a standing mixer with a paddle attachment (or large bowl), beat the eggs and monk fruit sugar on medium-high until pale, fluffy, and tripled in volume (about 10 minutes).

Prepare Carrot Mixture: Pat the shredded carrots dry. In a separate bowl, combine the carrots, coconut oil, unsweetened coconut, dried blueberries, vanilla, and walnuts.

Combine Wet and Dry Ingredients: With the mixer on low, alternate adding the dry ingredients and the carrot mixture to the egg mixture in thirds, fully incorporating each addition before adding the next.

Bake: Pour the batter into the prepared Bundt pan. Bake for 30-35 minutes, or until the top is lightly browned and a toothpick inserted into the center comes out clean.

Cool and Serve: Let the cake cool in the pan for 10 minutes before transferring to a wire rack. Optionally, drizzle with melted chocolate for a Brazilian-inspired finish.

Health Benefits of these Pancakes:

- **Rich in Nutrients:** Almond flour and pumpkin seed flour provide protein, healthy fats, and essential minerals like magnesium and zinc.
- **Supports Immunity:** Carrots and dried blueberries are packed with antioxidants and vitamin A to boost eye and immune health.
- **Low-Glycemic Sweetener:** Monk fruit sugar offers natural sweetness without spiking blood sugar levels.
- **Gut-Friendly Fats:** Coconut oil and unsweetened coconut promote digestion and energy production.
- **Heart Health:** Walnuts contribute omega-3 fatty acids, supporting cardiovascular wellness.

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