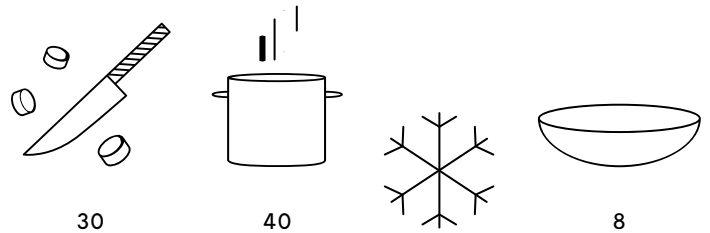




Coconut Carrot Cake

A lovely moist carrot cake with a coconut topping – perfect for a lazy afternoon



Ingredients

For the cake:

- 2 free-range eggs
- 170g plain flour
- 1 and 1/2 tsp baking powder
- 1 large carrot, grated
- 1/8 tsp sea salt
- 100g The Groovy Food Company organic virgin coconut oil, solid
- 170g light brown sugar
- 50g walnut pieces
- 30g desiccated coconut

Directions

1. For the cake, preheat the oven to 180 C/350 F. Grease and line a 900g loaf tin and set aside. In a clean dry bowl separate the eggs putting the egg whites into the clean bowl (to be whipped later) and the yolks into a cup.
2. Beat the coconut oil and brown sugar in with a stand mixer or electric whisk and beat on medium until pale and fluffy (3-4 minutes). Add the yolks one by one beating well and scraping down in between each addition. Tip in the grated carrot, walnuts and coconut and fold together. Whip your egg whites until they hold stiff peaks (but not as firm as meringue).

For the frosting:

100g The Groovy Food Company organic virgin coconut oil, solid

200g icing sugar

1 tbsp water

Desiccated coconut, to decorate

3. Sift the dry ingredients into a bowl and fold half into the carrot mix, carefully but thoroughly, scraping the sides and bottom. Add half of the whipped egg whites and fold them in, follow with the rest of the flour, then the rest of the egg whites. Carefully make sure it is evenly combined. Pour into the loaf tin and level out the top.
4. Bake for 35-40 minutes until a skewer comes out cleanly from the middle. Cool on a wire rack for 5 minutes then remove from the tin and leave to cool.
5. To make the frosting, beat the coconut oil in the stand mixer bowl until fluffy then add the icing sugar and mix. Add the water and mix again until smooth.
6. Spread the frosting over the top of the cake with a palette knife and sprinkle with desiccated coconut.